

Tashigar South Online Practices: 8–28 February

Date : February 8, 2021



**COMUNIDAD DZOGCHEN
INTERNACIONAL
TASHIGAR SUR**

Dear family,

In the schedule you will find all info for all the month.

We ONLY post Zoom links in Facebook Group and Sangha App. If you don't use FB or the App, please write to us. <https://www.facebook.com/groups/PracticandoenTashigarSur2020>

If you have a comment or question please write to secretaria@tashigarsur.com.
Thank you!

Join us!

Tashigar South Gakyil

February 8-28

Online practices from Tashigar South

Argentina time (GMT -3)

Monday, 8 Feb

8:30 AM – Guru Amitayus practice: Elisa Copello – Italy (Spanish – via Zoom)

7:00 PM – Review of Purification of Six Lokas practice: Griselda Gálmez – Tashigar South (Spanish – via Zoom)

7:20 PM – Purification of Six Lokas practice: Griselda Gálmez – Tashigar South (Spanish – via Zoom)

Tuesday, 9 Feb

8:30 AM – Mandarava (short version): Paola Damonte – Peru (Spanish – via Zoom)

9:30 AM – Pranayama of Humkara: Carolina Mingolla – Tashigar South (Spanish – via Zoom)

6:00 PM – Dance of the 12 A: Issa Cox – Peru (Spanish – via Facebook Live)

7:00 PM – Purification of Six Lokas practice: Alonso Espinosa – Chile (Spanish – via Zoom)

Wednesday, 10 Feb

Today is the day for the auspicious soup, remember to make it!

8:30 AM – Mandarava (short version): Thinley Koblensky – Costa Rica (Spanish – via Zoom)

6:00 PM – Fire Puja: Practice at Tashigar South Gompa – Ricardo Sued (Spanish – via Zoom)

7:30 PM – Shitro practice: Maura Amaranti Pesce – Chile (Spanish – via Zoom)

Thursday, 11 Feb

New moon

8:30 AM – Purification of Six Lokas practice: Sergio Oliva – Argentina (Spanish – via Zoom)

7:00 PM – Short Ganapuja: Charo Verástegui – Peru (Spanish – via Zoom)

Tonight remember to put some water in a container so it can receive the light of the stars. Also you can go to the sea, a river or a swimming pool. “The bath of stars” is for the day of Losar (tomorrow) at 6:00 am.

Friday, 12 Feb

LOSAR – Tibetan New Year

8:30 AM – Mandarava (long version): Paola Damonte – Peru (Spanish – via Zoom)

Saturday, 13 Feb

We will start a Mandarava retreat with sothig and chudlen (short version). We will add the mantra for empowering the chudlen in each thun of practice, even if we haven't pills.

8:30 AM – Explanation and practice of Mandarava (short version) with sothig and chudlen: Marisa Alonso – Tashigar South (Spanish – via Zoom)

11:00 AM – Sang: Practice at Tashigar South Gompa – we will play the audio of Rinpoche singing (via Zoom)

6:00 PM – Explanation and practice of Mandarava (short version) with sothig and chudlen: Marisa Alonso – Tashigar South (Spanish – via Zoom)

Sunday, 14 Feb

This is the day for hanging prayer flags (Lungtas)

8:30 AM – Explanation and practice of Mandarava (short version) with sothig and chudlen: Marisa Alonso – Tashigar South (Spanish – via Zoom)

6:00 PM – Explanation and practice of Mandarava (short version) with sothig and chudlen: Marisa Alonso – Tashigar South (Spanish – via Zoom)

Monday, 15 Feb

8:30 AM – Practice of Mandarava (short version) with sothig and chudlen: Alonso Espinosa – Chile (Spanish – via Zoom)

7:00 PM – Practice of Mandarava (short version) with sothig and chudlen: Alonso Espinosa – Chile (Spanish – via Zoom)

Tuesday, 16 Feb

8:30 AM – Practice of Mandarava (short version) with sothig and chudlen: Paola Damonte – Peru (Spanish – via Zoom)

6:00 PM – Dance of the 12 A: Issa Cox – Peru (Spanish – via Facebook Live)

7:00 PM – Practice of Mandarava (short version) with sothig and chudlen: Paola Damonte – Peru (Spanish – via Zoom)

Wednesday, 17 Feb

8:30 AM – Practice of Mandarava (short version) with sothig and chudlen: Thinley Koblensky – Costa Rica (Spanish – via Zoom)

6:00 PM – Shitro practice: Paula De Raedemaeker – Argentina (Spanish – via Zoom)

7:00 PM – Practice of Mandarava (short version) with sothig and chudlen: Renato Ibieta – Chile (Spanish – via Zoom)

Thursday, 18 Feb

8:30 AM – Practice of Mandarava (short version) with sothig and chudlen: Renato Ibieta – Chile (Spanish – via Zoom)

7:00 PM – Practice of Mandarava (short version) with sothig and chudlen: Cecilia Elgueta – Chile (Spanish – via Zoom)

Friday, 19 Feb

8:30 AM – Practice of Mandarava (short version) with sothig and chudlen: Thinley Koblensky – Costa Rica (Spanish – via Zoom)

7:00 PM – Practice of Mandarava (short version) with sothig and chudlen: Alejandro Pradillo – Mexico (Spanish – via Zoom)

Saturday, 20 Feb

8:30 AM – Practice of Mandarava (short version) with sothig and chudlen: Sara Hanono – Argentina (Spanish – via Zoom)

7:00 PM – Practice of Mandarava (short version) with sothig and chudlen: Griselda Gálmez – Tashigar Sur (Spanish – via Zoom)

Sunday, 21 Feb

8:30 AM – Practice of Mandarava (short version) with sothig and chudlen: Sara Hanono – Argentina (Spanish – via Zoom)

7:00 PM – Practice of Mandarava (short version) with sothig and chudlen: Danae Ruiz – Mexico (Spanish – via Zoom)

Monday, 22 Feb

Padmasambhava day

8:30 AM – Practice of Mandarava (short version) with sothig and chudlen: Carolina Muñoz – Chile (Spanish – via Zoom)

6:00 PM – Short Ganapuja: Claudio Bruno – Argentina (Spanish – via Zoom)

7:00 PM – Practice of Mandarava (short version) with sothig and chudlen: Carolina Muñoz – Chile (Spanish – via Zoom)

Tuesday, 23 Feb

8:30 AM – Practice of Mandarava (short version) with sothig and chudlen: Thinley Koblenky – Costa Rica (Spanish – via Zoom)

6:00 PM – Dance of the 12 A: Issa Cox – Peru (Spanish – via Facebook Live)

7:00 PM – Practice of Mandarava (short version) with sothig and chudlen: Issa Cox – Peru (Spanish – via Zoom)

Wednesday, 24 Feb

8:30 AM – Practice of Mandarava (short version) with sothig and chudlen: Alejandra Krasnogor – Uruguay (Spanish – via Zoom)

6:00 PM – Shitro practice: Nanay Valdivia – Peru (Spanish – via Zoom)

7:00 PM – Practice of Mandarava (short version) with sothig and chudlen: Danae Ruiz – Mexico (Spanish – via Zoom)

Thursday, 25 Feb

8:30 AM – Practice of Mandarava (short version) with sothig and chudlen: Thinley Koblenky – Costa Rica (Spanish – via Zoom)

7:00 PM – Practice of Mandarava (short version) with sothig and chudlen: Paola Damonte – Peru (Spanish – via Zoom)

Friday, 26 Feb

8:30 AM – Practice of Mandarava (short version) with sothig and chudlen: Carolina Muñoz – Chile (Spanish – via Zoom)

7:00 PM – Practice of Mandarava (short version) with sothig and chudlen: Marisa Alonso – Tashigar Sur (Spanish – via Zoom)

Saturday, 27 Feb

Full moon / Anniversary of Garab Dorje

12:00 AM – Worlwide Guruyoga of the White A – Steven Landsberg – webcast from Dzamling Gar (we will follow webcast practice)

12:00 PM – Explanation and practice of Mandarava Ganapuja: Nina Robinson – webcast from Dzamling Gar (we will follow webcast practice)

6:00 PM – 12 A Dance: we will join to global practice. Nelida Saporiti – Argentina (we will confirm details later)

Sunday, 28 Feb

No activities programmed.

ESTA SEMANA Y HASTA FIN DE MES

**ACTIVIDADES Y PRÁCTICAS POR LOSAR,
AÑO NUEVO TIBETANO
GURU AMITAYUS
MANDARAVA
PURIFICACIÓN DE SEIS LOKAS
ENTRENAMIENTO DEL PRANAYAMA DE HUMKARA
DANZA DE LAS 12 A
SANG
PUJA DE FUEGO
SHITRÓ
GANAPUJA
ANIVERSARIO DE GARAB DORJE (27/02)**

PRÁCTICAS ONLINE



**INTERNATIONAL
DZOGCHEN COMMUNITY
TASHIGAR SUR**

