

Tashigar South Online Practices July 26 – August 1

Date : July 26, 2021



**COMUNIDAD DZOGCHEN
INTERNACIONAL
TASHIGAR SUR**

Dear Vajra Family,

We continue practicing via online!

You will find the Zoom link in our Facebook Group and Sangha App. If you don't use FB or the App, please write to us.

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

Tashigar South Gakyil

July 26 to August 1

Online practices from Tashigar South

Argentina time (GMT -3)

Monday, 26 July

8:30 AM – Mandarava (short version): Leticia Recepter – Argentina (Spanish – via Zoom)

7:00 PM – Green Tara practice: Marisa Alonso – Tashigar South (Spanish – via Zoom)

Tuesday, 27 July

8:30 AM – Mandarava (short version): Sara Hanono – Argentina (Spanish – via Zoom)

9:30 AM – Pranayama of the 3rd Series of Yantra Yoga: Breathing of Humkara: Carolina Mingolla – Tashigar South (Spanish – via Zoom)

7:00 PM – Green Tara practice: Paula de Raedemaeker – Argentina (Spanish – via Zoom)

Wednesday, 28 July

8:30 AM – Mandarava (short version): Carlos Mena – Argentina (Spanish – via Zoom)

9:30 AM – Yantra Yoga practice: Carolina Muñoz – Chile (Spanish – via Zoom)

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

7:00 PM – Shitro practice: Nanay Valdivia – Peru (Spanish – via Zoom)

Thursday, 29 July

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

6:00 PM – Dance of the 12 A: Alejandra Krasnogor – Argentina (Spanish – via Facebook Live)

7:00 PM – Shitro practice: Sergio Oliva – Argentina (Spanish – via Zoom)

Friday, 30 July

8:30 AM – Mandarava (short version): Ricardo Sued – Tashigar South (Spanish – via Zoom)

7:00 PM – Shitro practice: Charo Verástegui – Peru (Spanish – via Zoom)

Saturday, 31 July / Sunday, 1 August

No activities programmed

