

Tashigar South Online Practices on June 14-20

Date : June 13, 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

June 14-20

Online practices from Tashigar South

Argentina time (GMT -3)

Monday, 14 Jun

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

7:00 PM – Green Tara practice: Valter Bianchini – Italy (Spanish – via Zoom)

Tuesday, 15 Jun

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

Wednesday, 16 Jun

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

Thursday, 17 Jun

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

11:00 AM – Dance of the 12 A: Alejandra Krasnogor – Uruguay (Spanish – via Facebook Live)

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

Friday, 18 Jun

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

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

Saturday, 19 Jun

No activities programmed

Sunday, 20 May

Padmasambhava day

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



ESTA SEMANA

MANDARAVA

AMITAYUS

TARA VERDE

YANTRA YOGA

DANZA DE LAS 12 A

SHITRÓ

GANAPUJA

PRÁCTICAS ONLINE

