

Tsegyalgar East Collective Practices: February 7–12

Date : February 8, 2021



Dear Vajra Family,

We welcome you to join Tsegyalgar East in the following online practices. For more information contact bluegakyil@tsegyalgar.org.

[Click here to join our videoconference email list.](#)

Upcoming Online Practices and Programs:

- Wednesday, 02/10/21
 - 4:00pm – 6:30pm: Divination Soup Cooking Class, Losar Talk and Vajra Family Gathering with Menpa Phuntsog Wangmo – [Learn more>>](#)
 - Thursday, 02/18/21
 - 2:30pm-4:00pm: Practice of Dream Yoga: Deepening our Lucid Dreaming Experience with Michael Katz – [Learn more>>](#)
-

Scroll down to view the collective practice videoconference link*

All times are (ET – NYC time) check your time

zone: <https://www.timeanddate.com/worldclock/converter.html>

- Sunday, 02/07/21
 - 11:00am-12:30pm: [Tsegyalgar East Gakyil Meeting](#)
 - 7:00pm-8:00pm: [Dakini Day Ganapuja](#) – followed by Daily Practice of the Vajra Dance of the Dimension of Space (12 A) with Bodhi*
 - Monday, 02/08/21
 - 8:15am-9:45am: [Yantra Yoga with Paula Barry*](#)
 - 4:00pm-5:30pm: [Mandarava practice*](#)
 - Tuesday, 02/09/21
-

- 10:00am-11:30am: Yantra Yoga Study and Practice with Naomi Zeitz – [Learn more>>](#)
 - 4:00pm-5:30pm: [Mandarava practice*](#)
 - Wednesday, 02/10/21
 - 8:15am-9:45am: [Yantra Yoga with Paula Barry*](#)
 - 10:00am-11:15am: Practise of the Precious Vase with Steven Landsberg Portuguese, Russian, and Spanish translation channels available Join the course mailing list to obtain the Zoom link – [Learn more>>](#)
 - 4:00pm – 6:30pm – Divination Soup Cooking Class, Losar Talk and Vajra Family Gathering with Menpa Phuntsog Wangmo – [Learn more>>](#)
 - Thursday, 02/11/21
 - 10:30am-11:30am: Jnanadakini Thugthig Group Practice led by Steven Landsberg – [Learn more>>](#)
 - 10:00am-11:30am: Yantra Yoga Study and Practice with Naomi Zeitz – [Learn more>>](#)
 - 5:00pm-6:30pm: [Complete Breathing and the Application of the Pranayamas of Yantra Yoga](#) with Paula Barry*
 - 8:00pm-9:00pm: [New Moon Ganapuja](#) – followed by Daily Practice of the Vajra Dance of the Dimension of Space (12 A) with Bodhi Hosted by Kundrolling: <https://zoom.us/join> – Meeting ID: 688 964 335 – Password: JETSUN
 - Friday, 02/12/21
 - 9:00am-11:00am: [Losar morning: Mandarava practice](#), followed by tea and singing of Dzamling Gar Song*
-

Open to members of the International Dzogchen Community (IDC).

Support [Tsegyalgar East](#), or your local Gar or Ling, by joining or rejoining the International Dzogchen Community (IDC) in 2021. Your membership benefits your Gar/Ling of choice, and enables you to support our global community as you participate in online weekly programs/courses/practice retreats.

Please donate to [Tsegyalgar East Online Programs](#), remember each Gar and Ling is responsible for the different programs you participate in!

With gratitude,

Tsegyalgar East Gakyil

***Our weekly collective practice videoconference link:**

Join Zoom videoconference via one click

<https://us02web.zoom.us/j/81667111041?pwd=RW5yUlg2Wi9BR2tGYWxkMmZzNDFVQT09>

or via Zoom Join Meeting: <https://zoom.us/join>

Meeting ID: 816 6711 1041

Password: 221262

***For a more complete schedule of global IDC online practices use the Sangha app on your phone.** To learn more visit: www.mahasangha.net.

The Sangha app is only open to those who have received transmission.

Email bluegakyil@tsegyalgar.org if you need an invitation code.

All together in the same State

All together purifying our Samaya

All together keeping the precious Teachings in our hearts

Wishing you all good health and the best of luck,

Tsegyalgar East Gakyil