

Tsegyalgar East Online Practices: November 15–22

Date : November 15, 2020



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:

- Thursday, 11/19/20 – [Dream Yoga Practice](#) with Michael Katz
 - Sunday, 11/22/20: [Shitro Explanation and Practice](#) with Michael Katz
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Tsegyalgar East – Collective Practices and Programs: November 15 – November 22, 2020

Scroll down to view our collective practice videoconference link.

All times are (ET) check your time zone: <https://www.timeanddate.com/worldclock/converter.html>

- Sunday, 11/15/20
 - 7:00pm-8:00pm: [Mandarava New Moon Ganapuja](#) dedicated to vajra brother Elio Guarisco and to all those in need – followed by Vajra Dance of 12 A with Bodhi
 - Monday, 11/16/20
 - 4:00pm-5:00pm: [Mandarava practice](#)
 - Tuesday, 11/17/20
 - 10:00am-11:30am: Yantra Yoga Study and Practice with Naomi Zeitz – [Learn more>>](#)
 - 4:00pm-5:00pm: [Mandarava practice](#)
 - Thursday, 11/19/20
 - 10:00am-11:30am: Yantra Yoga Study and Practice with Naomi Zeitz [Learn more>>](#)
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- 3:00pm-4:30pm: Dream Yoga Practice with Michael Katz – [Learn more>>](#)
 - 5:00pm-6:30pm: [Complete Breathing and the Application of the Pranayamas of Yantra Yoga](#) with Paula Barry
 - Friday, 11/20/20
 - 10:00am-11:30am: [The Eight Movements of Yantra Yoga in a Chair](#) with Naomi Zeitz
 - Saturday, 11/21/20
 - 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>>](#)
 - Sunday, 11/22/20
 - 10:00am-12:00pm: Shitro Explanation and Practice with Michael Katz – [Learn more>>](#)
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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 2020. 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