

Weekly Schedule of Kundrolling in NYC

Date : November 17, 2021



News this week and next:

**** Shitro will be at 1 pm ET every day – we are sorry for the confusion.*** The only change will be when we practice with Merigar on Thursdays through the Practicing Together webcast.*

IDC Kundrolling Potluck Dinner

Get together after so long and welcome new members!

Saturday, 20th of November

6 pm to 10 pm ET

Address: 93 Summit Street #1, Brooklyn, NY

Email: nydzogchencomm@gmail.com for more information

Food sign up [here](#)

Guests must be vaccinated to attend

Full Moon Ganapuja with IDC Tsegyalgar East and IDC Kundrolling

November 19th 2021 – 7:00 pm ET – zoom.us meeting number 812 1306 2357 Password: VAJRADANCE

Shitro Practicing Together

Thursday, November 18th at 12:00 pm ET – from Merigar West

IDC TSEGYALGAR Schedule

Online Practice with IDC Kundrolling:

9 am ET – Ongoing [Practice of Odzer Chenma for IDC Kundrolling and Dondrubling](#) (Mondays, Wednesdays, Thursdays and Fridays only)

10 am – 12 pm ET – Every other Sunday starting from 21st November. – [Deepening in the Kumbhaka](#) with Patrizia Pearl (every other Sunday upcoming on the 21st of November.)

10 am ET – [Practise of the Precious Vase](#) with authorized Santi Maha Sangha instructor Steven

Landsberg and Tsegyalgar East (Wednesdays, check website for schedule: <https://www.tsegyalgar.org/tsegyalgar-east/events-calendar/practise-of-the-precious-vase/>)

10:30 am – 12 pm ET – [Opening the Door to Practice](#) with Steve Landsberg for newcomers to Dzogchen (Saturdays)

12 pm ET – [Daily Chöd Practice with Steve Landsberg](#) – check the [facebook group](#) for the most current link

1 pm ET – [Daily Shitro Practice](#) (daily through zoom except when we join with Merigar’s Shitro practice on Practicing Together)

2 pm ET – [Daily Guru Arya Tara Practice of the 21 Praises and 20th Action Mantra](#) (daily – seven days per week)

4 pm ET – [Mandarava Practice with Tsegyalgar East](#) (Monday and Tuesdays)

6 pm ET – **Potluck Dinner** – 93 Summit Street #1, Brooklyn, NY (Saturday only)

7 pm ET – [Daily Guru Arya Tara Practice of the 21 Praises and 20th Action Mantra](#) (daily – seven days per week) (*Replaced by Ganapuja on those nights)

7 pm ET – [Ganapuja hosted by Tsegyalgar East/ IDC Kundrolling](#) (Friday, November 19th)

8 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\)](#) (daily – seven days per week) (*Replaced by Dance practice after the Ganapuja whenever applicable.

[Ganapuja hosted by Tsegyalgar East/ IDC Kundrolling – zoom.us](#) meeting number 812 1306 2357
Password: VAJRADANCE.

Practice of Odzer Chenma

[Practice of Odzer Chenma for IDC Kundrolling and IDC Dondrubling – zoom.us](#) meeting number 688 964 335. Password: JETSUN.

Santi Maha Sangha

[Practice of the Precious Vase with Steven Landsberg and Tsegyalgar East – zoom.us](#)

meeting number 829 3502 2716. Passcode: 247403.

[Dondrubling in Berkeley, CA, has relevant practices.](#)

Yantra Yoga

[Yantra Yoga with Naomi Zeitz – zoom.us](#) meeting number 505 222 0229. Password: yantrayoga.

Chöd and Other Practices

Practice with Steve Landsberg – [zoom.us](#) meeting number 825 2493 0413. Password: 210437.
Also check the [facebook group](#) for the most current link.

Shitro Practice

[Shitro Practice – zoom.us](#) meeting number 854 9985 7645. Password: Shitro.

Guru Arya Tara Practice

[Daily Guru Arya Tara Practice of the 21 Praises and the 20th Action Mantra – zoom.us](#) meeting number 688 964 335. Password: JETSUN.

Mandarava Practice

[Mandarava Practice with Tsegylgar East – zoom.us](#) meeting number 816 6711 1041. Password: 221262.

Vajra Dance

[Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) – zoom.us](#) – meeting number 812 1306 2357. Passcode: VAJRADANCE.