



**INTERNATIONAL
DZOGCHEN COMMUNITY
DZAMLING GAR**

Upcoming Dzamling Gar Program

December 2020 to March 2021

(This is a preliminary program, changes due to covid can occur)

December

December 9-13 Secret Rushen with Elias Capriles – Live & Zoom

December 15 -17 Santi Maha Sangha Instructors Meeting – Live & Zoom

December 18 – 20 Yantra Yoga Course on the First 3 Series of Yantras and 3 Pranayamas with Alessandra Policreti, Valeria Spasskaya & Naomi Zeitz – Live & Zoom (Pranayamas Zoom only)

December 21 – 25 Semdzins Module I with Elias Capriles – Live & Zoom

December 26 – January 1, 2021 Joint Retreat with Merigar West – Live & Webcast

January

January 4 – 10 Commentary on Precious Vase Module II with Elias Capriles – Live & Zoom

January 11-15 Total Embrace: Practice of Jnana dakini thugthig with Steven Landsberg

January 15 – 17 Presence and Awareness in Daily Life: An Essential Meditation Training in 6 Modules Module I – Live & Zoom

January 23 – 27 Breathe with Fabio Andrico – Zoom

January 28 – 31 Rhythmic Breathing & Kumbhaka with Fabio Andrico – Zoom

February

February 6 Garlic Chudlen with Menpa Phuntsog Wangmo – Zoom

February 12 Losar 2021

February 12 – 27 Mandarava Retreat – Live & Webcast

March

March 5- 7 Mandarava Tsalung The Attainment of Immortal Vajra Life with Fabio Andrico – Zoom

March 13- 14 Presence and Awareness in Daily Life: An Essential Meditation Training in 6 Modules – Module II – Live & Zoom

March 26 – 30 7th Lojong with Fabio Andrico – Zoom

More details on <https://www.dzamlingar.net/en/>