



Weekly Program 3-9 May 2021

Webcast from Dzamling Gar and Merigar (CET)

On the Merigar website you can find the program of the week and any eventual any updates.

<https://www.merigar.it/it/corsi-e-eventi/pratiche-pasqua/>

Starting from this week the practices at Merigar will take place in the Gönpa. Prevention measures remain in force therefore we ask those who want to participate on site, when the practices take place at Merigar, to communicate with the office the day before or in advance.

We also advise you that the windows in the Gönpa will remain open in order to achieve satisfactory ventilation.

We remind you about the rules for social distancing and the need to wear a facemask. Thank you.

Tuesday 4 May

6:15 pm Shitro (webcast from Merigar)

Wednesday 5 May

17:00 Khaita (from Merigar on [Facebook](#) and [instagram](#))

18:15 - 19:45 Free the natural voice - course in Italian (meetings via zoom) [here more information](#)

Thursday 6 May

17:00 Ganapuja (webcast from Merigar)

18:30 Guruyoga study and practice meetings (via zoom) [here more information](#)

Friday 7 May

19:00 Khaita (webcast from Dzamling Gar)

Saturday 8 May

17:00 A possible evolution - sixth meeting (via zoom) [here more information](#)

Online practices

The online practice of **Yantra Yoga** continues on **Thursday 17:30 and Sunday at 8.30 am; Yoga on a chair Wednesday 9:00am**. The link to participate is <https://us02web.zoom.us/j/4865700590>, for the connection you can contact [Dina](#)

This week Breathe is on Friday at 09:00 here: <https://zoom.us/j/9840523802>

Ass. Culturale Comunità Dzogchen – Merigar
Loc. Merigar, 58031 Arcidosso (GR) Italy
Tel. [+39 0564 966837](tel:+390564966837) [+39 0564 968110](tel:+390564968110)
Email: office@dzogchen.it