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## Tseg্যালgar East Practice Schedule for the Week of May 2, 2021

The links for practices are the same every week so **please save this email. If you sign-in using the Zoom Client or App (not your browser)**, the meetings are saved and you **just have to enter the associated password**, included below. Zoom links are also available by searching for the event on the Sangha App!

Practices are open to members of the International Dzogchen Community (IDC) and students of Chögyal Namkhai Norbu.\*\*

All times are in ET - NYC Time (GMT - 4). [Check your local time here.](#)

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### Upcoming Special Tseg্যালgar East Events

[Dakini Day Ganapuja\\*](#), Thursday May 6, 7:00pm

[Dzamling Gar Song study sessions\\*](#) -Thursdays, May 13 and May 27, 6:30pm-7:45pm - led by Bodhi. Participation encouraged.

Gakyil Meeting Wednesday May 12, 6:00pm-7:00pm - register [here](#).

[Summer Sangha Retreat on Khandroling](#), with **Deepening the Dance of the Song of the Vajra Course** scheduled for July 15-24

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### Recurring Weekly Practices

**Yantra Yoga\*** with Paula Barry 8:15am-9:45 am - ~~Monday~~, Wednesdays and Fridays  
*Class cancelled Monday, May 3*

**Mandarava Practice\*** 4:00pm-5:00pm Mondays and Tuesdays

**Practice of the Precious Vase** with Steven Landsberg Wednesdays 10:00am-11:30am - Sign up for [mailing list](#).

**Jnanadakini Thugthig Practice** Thursdays 10:30am-11:30am - Sign up for [mailing list](#)

**Complete Breathing and the Application of the Pranayamas\*** with Paula Barry  
Thursdays 5:00pm-6:30pm

All practices with an “ \* ” are on the [Tsegyalgar East Collective Practice Zoom Link](#).

Meeting ID: 816 6711 1041. Passcode: 221262

Or Dial by your location and enter passcode when prompted:

+1 301 715 8592 US (DC) +1 312 626 6799 US (Chicago) +1 929 436 2866 US (New York)

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### **Kundrolling Weekly Practices**

**[Odzer Chenma practice](#)** M, W, Th, F at 9:00am

**[Daily Tara practice](#)** daily at 2:00pm ET and 7:00pm ET \* except when 7:00pm ganapuja day.

Both at Meeting ID: 688 964 333 Password: JETSUN.

**[Daily Chod Practice](#)** with Steve Landsberg at 12:00pm, Meeting ID: 825 2493 0413  
Password: 210437

**[Eight Movements of Yantra Yoga](#)** with Bernard Thibodeau- Tuesdays & Saturdays at 8:30am ET

Meeting ID: 816 3850 9236 Password: Yoga

**[Short Gomadevi Practice](#)** - Tuesdays at 6:00pm - *\*Please check your own history to understand whether you have received the Lung to participate. Email [nydzogchencomm@gmail.com](mailto:nydzogchencomm@gmail.com) for questions.*

**[Nightly Vajra Dance of the Dimension of Space](#)** (12 A's) with Bodhi at 8:05pm (or on ganapuja link if ganapuja night)

Meeting ID: 812 1306 2357 Password: VAJRADANCE

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### **Upcoming Community Events**

**[Khaita for Beginners Course](#)** with Adriana Dal Borgo from Merigar via Zoom May 1-2, 9-11:00 ET

Did you know there are Live weekly Khaita sessions on [Instagram](#)? Follow on [Facebook](#)!

**Presentation by [International Ativoga Foundation](#) (ATIF) on Wednesday, May 26, 2021, at 10:00am ET - open to all - *videoconference details will be shared closer to event.***

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**Check out Dondrubling in Berkeley, CA's online practice [calendar](#).**

**For a more complete schedule of global IDC online practices, download the [Sangha App](#).** You can get an access code from a fellow vajra sibling or by emailing [bluegakyil@tsegvalgar.org](mailto:bluegakyil@tsegvalgar.org)

Click [here](#) to be added to Tsegvalgar East videoconference mailing list.

**\*\*Participants are required to receive the Transmission from Chögyal Namkhai Norbu or have serious intention to receive the Transmission and lungs in the future, for all practices unless indicated as a public practice. Each participant is responsible for him/herself to be aware of this condition.**

We are incredibly grateful for your support to Tsegvalgar East. If you would like to make a donation to the Gar, you can do so [here](#). Every little bit helps.

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All together in the same State  
All together purifying our Samaya  
All together keeping the precious Teachings in our hearts

Wishing you unlimited good fortune in all of your practices,

Tsegvalgar East Gakyil  
Al, Emily, John, and Mark

For questions about practices, email [bluegakyil@tsegvalgar.org](mailto:bluegakyil@tsegvalgar.org)

For questions or comments please contact: [bluegakyil@tsegvalgar.org](mailto:bluegakyil@tsegvalgar.org)

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