

## Dzamling Gar

### Monday 19/7/2021

4:00 AM to 5:00 AM Worldwide Guruyoga (by webcast only)  
8:00 AM to 9:00 AM Mandarava Practice Lungta Tent  
9:30 AM to 11:00 AM Yantra Yoga Practice Gönpa  
9:30 AM to 12:00 PM The Dance of the Song of Vajra with Prima Mai  
12:15 PM to 1:15 PM Vajra Dance and Guruyoga of the White A  
2:30 PM to 5:30 PM The Dance of the Song of Vajra with Prima Mai  
6:00 PM to 8:00 PM Khaita Singing & Dancing  
8:10 PM to 9:10 PM Dakini Simhamukha Practice in Gönpa

### Tuesday 20/7/2021

8:00 AM to 9:00 AM Mandarava Practice Lungta Tent  
9:30 AM to 12:00 PM The Dance of the Song of Vajra with Prima Mai  
12:12 PM to 1:30 PM Vajra Dance 12A and Complete Tun  
2:30 PM to 5:30 PM The Dance of the Song of Vajra with Prima Mai  
5:00 PM to 6:45 PM Open Yantra Yoga Practice in the Garden  
6:00 PM to 8:00 PM Khaita Singing & Dancing

### Wednesday 21/7/2021

8:00 AM to 9:00 AM Mandarava Practice Lungta Tent  
9:30 AM to 12:00 PM The Dance of the Song of Vajra with Prima Mai  
12:15 PM to 1:15 PM Vajra Dance  
2:30 PM to 5:30 PM The Dance of the Song of Vajra with Prima Mai  
5:00 PM to 6:00 PM Gravity Yoga with Valeria in Jyagcip  
6:00 PM to 8:00 PM Khaita Singing & Dancing  
7:00 PM to 8:30 PM African Dance in Jyagcip  
8:10 PM to 9:10 PM Dakini Simhamukha Practice in Gönpa

### Thursday 22/7/2021

8:00 AM to 9:00 AM Mandarava Practice Lungta Tent  
8:00 AM to 9:00 AM Sang & Serkyem  
9:30 AM to 12:00 PM The Dance of the Song of Vajra with Prima Mai  
12:15 PM to 1:15 PM Vajra Dance  
2:30 PM to 5:30 PM The Dance of the Song of Vajra with Prima Mai  
6:00 PM to 8:00 PM Khaita Study Group  
7:15 PM to 8:15 PM Dorje Sempa Namkha Che Study Group in Gakyil Office (Transmission required)

### Friday 23/7/2021

8:00 AM to 9:00 AM Mandarava Practice Lungta Tent  
9:30 AM to 11:00 AM Yantra Yoga Practice Gönpa  
12:15 PM to 1:15 PM Vajra Dance  
5:00 PM to 6:45 PM OPEN Stretching & Respiration with Alina in Garden  
6:00 PM to 7:00 PM Khaita in swimming pool  
7:05 PM to 8:05 PM Vajra Dance

### Saturday 24/7/2021

8:00 AM to 9:00 AM Mandarava Practice Lungta Tent  
9:00 AM to 10:00 AM Sang Practice  
11:00 AM to 12:00 PM Morning Meditation with Rabgyi  
12:15 PM to 1:15 PM Vajra Dance  
4:00 PM to 5:00 PM Chinese Language in the Cafeteria  
5:00 PM to 6:45 PM Advanced Yantra Yoga in the garden  
7:00 PM to 8:00 PM Khaita in the Garden  
7:05 PM to 8:05 PM Vajra Dance

### Sunday 25/7/2021

8:00 AM to 9:00 AM Mandarava Practice Lungta Tent  
9:00 AM to 10:00 AM Sang Practice  
10:00 AM to 11:30 AM African Dance in Jyagcip  
12:15 PM to 1:15 PM Vajra Dance  
1:15 PM to 2:15 PM Khalong Dorjeikar  
5:00 PM to 7:00 PM Khaita Singing & Dancing  
7:05 PM to 8:05 PM Vajra Dance