



## Weekly Program 12-18 July 2021

This week the Semzdin course continues.

On July 12th at 6pm there will be a Shitro practice at the Cinerarium followed by a Fire Puja for Elio Guarisco's Namkha.

The Cinerarium can contain a maximum of 9 people spaced apart, others should remain outside.

On Friday 16 July the Sa-Che and Vajra Dance courses will begin.

The practices at Merigar take place in the Gönpa. Preventive measures remain in force therefore we ask those who want to participate on site, to communicate it to the office the day before or, at least in advance.

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

We remind you to continue to observe the rules for distancing and always wear the mask inside the Gönpa. We also remind you to leave your cars in the parking lot.

Thank you.

The weekly program is available on the Merigar website - [merigar.it](http://merigar.it) .

### Monday 12 July

09:30-11:30 Semdzin

15:30-17:30 Semdzin

18:00 Shitro (Cinerarium)

### Tuesday 13 July

09:30-11:30 Semdzin

15:30-17:30 Semdzin

### Wednesday 14 July

09:30-11:30 Semdzin

17:00 Khaita

18:30 Mandarava practice (webcast from Merigar)

### Friday 16 July

10:30-13 & 15:30-18:30 Dance of the Song of the Vajra- pilot project (Gönpa)

10-12:00 & 15-17:00 Sache course (Tibetan Geomancy – Mandala Room)

### Saturday 17 July

10:30-13 & 15:30-18:30 Dance of the Song of the Vajra- pilot project (Gönpa)

10-12:00 & 15-17:00 Sache course (Tibetan Geomancy – Mandala Room)

### **Sunday 18 July**

08:30 Yantra Yoga (external platform)

10:30-13 & 15:30-18:30 Dance of the Song of the Vajra- pilot project (Gönpa)

10-12:00 & 15-17:00 Sache course (Tibetan Geomancy – Mandala Room)

We also remind you that starting from Sunday 4 July for all Sundays in July and August, in the park near via Tibet in Arcidosso, it will be possible to have an [experience of Yantra Yoga](#) (17-18 hours) and [Khaita Joyful Dances](#) (hours 18-19). Please inform those who may be interested!

### **Practices via Zoom**

The online practice of **Yantra Yoga** continues on **Thursday 17:30 and Sunday at 8.30 am; Yoga on a chair on 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](mailto:office@dzogchen.it)