



Dear Vajra Family,
We continue practicing via online!
You will find the Zoom link in our Facebook Group and Sangha App. If you don't use FB or the App, please write to us.

If you have a comment or question please write to secretaria@tashigarsur.com.
Join us!

Tashigar South Gakyil

July 12-18

Online practices from Tashigar South

Argentina time (GMT -3)

Monday, 12 Jul

8:30 AM - Guru Amitayus: Elisa Copello - Italy (Spanish - via Zoom)

7:00 PM - Green Tara practice: Jaime Razuri - Peru (Spanish - via Zoom)

Tuesday, 13 Jul

8:30 AM - Mandarava (short version): Paola Damonte - Peru (Spanish - via Zoom)

9:30 AM - Pranayama of the 3rd Series of Yantra Yoga: Breathing of Humkara: Carolina Mingolla - Tashigar South (Spanish - via Zoom)

7:00 PM - Green Tara practice: Paula De Raedemaeker - Argentina (Spanish - via Zoom)

Wednesday, 14 Jul

Anniversary of Dharmachakra

8:30 AM - Mandarava (short version): Thinley Koblenky - Costa Rica (Spanish - via Zoom)

9:30 AM - Yantra Yoga practice: Carolina Muñoz - Chile (Spanish - via Zoom)

6:00 PM - Dance of the 12 A: Issa Cox - Peru (Spanish - via Facebook Live)

7:00 PM - Short Ganapuja: Danae Ruiz - Mexico (Spanish - via Zoom)

Thursday, 15 Jul

8:30 AM - Mandarava (short version): Sara Hanono - Argentina (Spanish - via Zoom)

11:00 AM - Dance of the 12 A: Alejandra Krasnogor - Uruguay (Spanish - via Facebook Live)

7:00 PM - Shitro practice: Sergio Oliva - Argentina (Spanish - via Zoom)

Friday, 16 Jul

8:30 AM - Mandarava (short version): Ricardo Sued - Tashigar South (Spanish - via Zoom)

7:00 PM - Shitro practice: Paul Sablich - Peru (Spanish - via Zoom)

Saturday, 17 Jul / Sunday, 18 Jul

No activities programmed