

Dzogchen Teachings

Yeshi Silvano Namkhai

MERIGAR May 12 - 17, 2023

PROGRAM

The colored dots correspond to the color of your bracelet and indicate the seating for the teaching sessions with Yeshi Silvano Namkhai and for the Ganapuja on Sunday the 14th.

FRIDAY 12		MONDAY 15
15:00	Beginning of the retreat – Short introductory speech welcoming the participants and thanking	10:00 - 11:15
	Yeshi Silvano Namkhai and the Namkhai Family,	11:45 - 12:45
15:15 - 16:30	in Gönpa and in webcast. • Yeshi Silvano Namkhai's teachings, in the	11:45 – 12:45
	Gönpa.	- cöupı
17:00 – 19:00	· Khaita Joyful Dances, in Gönpa.	GÖNPA
GÖNPA	OUTSIDE GÖNPA TENT	15:00 - 16:15
SATURDAY 13		17:00 – 18:30
10:00 - 11:15	· Yeshi Silvano Namkhai's teachings, in the Gönpa.	17:00 – 18:00
11:45 – 12:45	Presentation of the Community and its activi-	a 5
11.45 - 12.45	ties, in Gönpa. · Yantra Yoga practice in the Zikhang (Mandala	GÖNPA
11.43 12.43	Hall and outdoor platform).	TUESDAY 16
GÖNPA	OUTSIDE GÖNPA TENT	10:00 - 11:15
GONPA	COTSIDE GONPA TENT	11:45 - 12:45.
15:00 - 16:15	· Yeshi Silvano Namkhai's teachings, in the	11:45 – 12:45.
17:00 - 18:30	Gönpa. • Explanation of the short Ganapuja, in the	
	Zikhang (Mandala Hall).	GÖNPA
	Practice of the Dance of the 12 As, in the Gönpa.	15:00 - 16:15
GÖNPA	OUTSIDE GÖNPA TENT	13.00 10.13
SUNDAY 14		17:00 - 18:30. 17:00 - 18:00.
	· Yeshi Silvano Namkhai's teachings, in the	17.00 - 18.00.
	Gönpa.	GÖNPA
11:45 – 12:45	Introduction to the Vajra Dance and Dance of the 12 As, in the Gönpa.	GONPA
11:45 - 12:45	· Yantra Yoga practice in the Zikhang (Mandala	WEDNESDAY
	Hall and outdoor platform).	10:00 - 11:15
GÖNPA	OUTSIDE GÖNPA TENT	11:15

	MONDAY 15	
5	10:00 - 11:15	Yeshi Silvano Namkhai's teachings, in the Gönpa.
	11:45 - 12:45	Introduction to Yantra Yoga in the Gönpa.
	11:45 - 12:45	Vajra Dance practice in the Zikhang (Mandala Hall and outdoor platform).
	GÖNPA	OUTSIDE GÖNPA TENT
	15:00 - 16:15	Yeshi Silvano Namkhai's teachings, in the Gönpa.
		Presentation of Khaita Joyful Dances, in Gönp Vajra Dance practice in the Zikhang (Mandala Hall and outdoor platform).
	GÖNPA	OUTSIDE GÖNPA TENT
	TUESDAY 16	
	10:00 - 11:15	Yeshi Silvano Namkhai's teachings, in the Gönpa.
	11:45 - 12:45	Practice of Contemplation, in the Gönpa.
	11:45 – 12:45	Yantra Yoga practice in the Zikhang (Mandala Hall and outdoor platform).
	GÖNPA	OUTSIDE GÖNPA TENT
	15:00 - 16:15	Yeshi Silvano Namkhai's teachings, in the Gönpa.
		Khaita Joyful Dances, in Gönpa.
	17:00 – 18:00	Vajra Dance practice, in the Zikhang (Mandala Hall and outdoor platform).
	GÖNPA	OUTSIDE GÖNPA TENT
	WEDNESDAY 17	
	10:00 - 11:15	Yeshi Silvano Namkhai's teachings, in the Gönpa.
	11:15	Conclusion of the retreat and expression of thanks to everyone.
	GÖNPA	OUTSIDE GÖNPA 🛑 TENT



GÖNPA



Gönpa. 17:00 - 18:00..... Short Ganapuja, in Gönpa.

> **Getting** to Merigar

15:00 - 16:15...... Yeshi Silvano Namkhai's teachings, in the

OUTSIDE GÖNPA



TENT

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