



Dzogchen Teachings

with
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

15:00..... Beginning of the retreat – Short introductory speech welcoming the participants and thanking Yeshi Silvano Namkhai and the Namkhai Family, in Gönpa and in webcast.

15:15 – 16:30..... **Yeshi Silvano Namkhai's teachings, in the Gönpa.**

17:00 – 19:00..... Khaita Joyful Dances, in Gönpa.

 GÖNPA  OUTSIDE GÖNPA  TENT

SATURDAY 13

10:00 – 11:15..... **Yeshi Silvano Namkhai's teachings, in the Gönpa.**

11:45 – 12:45..... Presentation of the Community and its activities, in 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.**

17:00 – 18:30..... Explanation of the short Ganapuja, in the Zikhang (Mandala Hall).

17:00 – 18:00..... Practice of the Dance of the 12 As, in the Gönpa.

 GÖNPA  OUTSIDE GÖNPA  TENT

SUNDAY 14

10:00 – 11:15..... **Yeshi Silvano Namkhai's teachings, in the Gönpa.**

11:45 – 12:45..... Introduction to the Vajra Dance and Dance of the 12 As, 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.**

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

 GÖNPA  OUTSIDE GÖNPA  TENT

MONDAY 15

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.**

17:00 – 18:30 Presentation of Khaita Joyful Dances, in Gönpa.

17:00 – 18:00 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.**

17:00 – 18:30..... 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

Join the
Whatsapp
Community



Getting
to Merigar



Donate to
Merigar



Website



Offer or find
a ride to
Merigar on
WhatsApp

