



MERIGAR CALENDAR

February 2012

Wed. 1 Feb. 2012

18:00 - 19:00 **Vajra Dance Practice** Gonpa

Thu. 2 Feb. 2012

17:00 – 19:00 SMS Lev.1°- group study with Fabio RISOLO Veranda Serkhang

18:00 - 19:00 **Vajra Dance Practice** Gonpa

19:00 - 20:00 Ganapuja (Padmasambhava day) Gonpa

Fri. 3 Feb. 2012

20:00 – 22:00 (Italian time) CHÖGYAL NAMKHAI NORBU (3/7 feb.)

Dzogchen Teachings Retreat Tashigar sud ARGENTINA - webcast

Sat. 4 Feb. 2012

14:00 – 16:00 (Italian time) CHÖGYAL NAMKHAI NORBU - webcast -Gonpa

Sun. 5 Feb. 2012

14:00 – 16:00 (Italian time) CHÖGYAL NAMKHAI NORBU - webcast -Gonpa

17:30 – 19:00 SMS BASE group study with Raffaella BLASI Veranda Serkhang

18:00 - 19:00 **Vajra Dance Practice** Gonpa

Mon. 6 Feb.2012

14:00 – 16:00 (Italian time) CHÖGYAL NAMKHAI NORBU - webcast -Gonpa

Tue. 7 Feb.2012

14:00 – 16:00 (Italian time) CHÖGYAL NAMKHAI NORBU - webcast - Gonpa

20:00 – 22:00 (Italian time) Ganapuja (Full Moon) - webcast -

Wed. 8 Feb.2012

18:00 - 19:00 **Vajra Dance Practice** Gonpa

Thu. 9 Feb. 2012

17:00 – 19:00 SMS Lev.1 -group study with Fabio RISOLO Veranda Serkhang

18:00 - 19:00 **Vajra Dance Practice** Gonpa

Fri.10 Feb. 2012

18:00 - 19:30 **Yantra Yoga Practice** Gonpa

Sat. 11 Feb. 2012

18:00 - 19:00 **Vajra Dance Practice** Gonpa

Sun. 12 Feb. 2012

17:30 – 19:00 SMS BASE group study with Raffaella BLASI - Veranda Serkhang

18:00 - 19:00 **Vajra Dance Practice** Gonpa

Mon. 13 Feb. 2012

18:00 - 19:00 **Vajra Dance Practice** Gonpa

Tue. 14 Feb. 2012

18:00 - 19:30 **Yantra Yoga base course** Gonpa

Wed. 15 Feb. 2012

18:00 - 19:00 **Vajra Dance Practice** Gonpa

Thu. 16 Feb.2012



- 17:00 – 19:00 SMS Lev.1 -group study with Fabio RISOLO - Veranda Serkhang
 18:00 - 19:00 **Vajra Dance Practice** Gonpa
 Fri. 17 Feb.2012
- 18:00 - 19:30 **Yantra Yoga practice** Gonpa
 19:00 - 20:00 **Ganapuja (Dakini day)** Gonpa
 Sat. 18 Feb. 2012
- Purification Retreat combined with Six Spaces Dance/ Six Lokas Practice** Gonpa
 18:00 - 19:00 **Vajra Dance Practice** Gonpa
 Sun.19 Feb. 2012
- Purification Retreat combined with Six Spaces Dance/ Six Lokas Practice** Gonpa
 17:30 – 19:00 SMS BASE group study with Raffaella BLASI - Veranda Serkhang
 18:00 - 19:00 **Vajra Dance Practice** Gonpa
 Mon. 20 Feb.2012
- 17:30 - 18:30 **Explanation of Sang and Serkyem Practice** - Veranda Serkhang
 18:00 - 19:00 **Vajra Dance Practice** Gonpa
 Tue. 21 Feb.2012
- 17:30 – **Short Ganapuja – Last day of the Year** Gonpa
- Wed 22 Feb. 2012___ - LOSAR Water Dragon Year**
- 06:00 – 07:00 **Mandarava Practice** Gonpa
 12:00 - **Ganapuja LOSAR! Lungta Authentication!** Gonpa
- 18:00 - 19:00 **Vajra Dance Practice** Gonpa
 Thu 23 Feb.2012
- 08:00 – 09:00 **Mandarava Practice** Gonpa
 17:00 – 19:00 SMS Lev.1 -group study with Fabio RISOLO - Veranda Serkhang
 18:00 - 19:00 **Vajra Dance Practice** Gonpa
 Fri 24 Feb. 2012
- 08:00 – 09:00 **Sang and Serkyem Practice** Gonpa
 09:00 – 12:00 **Hanging up the Lungta**
 18:00 - 19:30 **Yantra Yoga Practice** Gonpa
 Sat. 25 Feb.2012
- 25/26 Feb. Base Course of Song of the Vajra – with Rita Renzi** Gonpa
 08:00 – 09:00 **Mandarava Practice** Gonpa
 18:00 - 19:00 **Vajra Dance Practice** Gonpa
- Sun. 26 Feb.2012
All Day Base Course of Song of the Vajra – with Rita Renzi Gonpa
 08:00 – 09:00 **Mandarava Practice** Gonpa
 17:30 – 19:00 SMS BASE group study with Raffaella BLASI - Veranda Serkhang
 18:00 - 19:00 **Vajra Dance Practice** Gonpa
 Mon. 27 Feb.2012
- 18:00 - 19:00 **Vajra Dance Practice** Gonpa
 Tue. 28 Feb.2012
 18:00 - 19:30 **Yantra Yoga base course** Gonpa



Wed. 29 Feb.2012

18:00 - 19:00 **Vajra Dance Practice**

Gonpa

UPCOMING ACTIVITIES 2012

-MARCH 2012

8 Garab Dorje Anniversary, Worldwide Vajra Dance Day

8-11 "Shine and Lhagthong in Dzogchen Teaching " Fabio Risolo

17-18 Base Course of Song of the Vajra – **with Rita Renzi**

24-25 –Yantra Yoga Base course – with Laura Evangelisti

-APRIL 2012

8 **Easter Retreat**

13-18 Vajra Dance Teacher Training Level 1 with Prima Mai

14-15 IV Base Course of Song of the Vajra – **with Rita Renzi**

21-22 Yantra Yoga Base course – with Laura Evangelisti

25-30 SMS Level 1 with Jim Valby

-MAY 2012

2-6 "Purification in Sutra, Tantra, Dzogchen" with Jim Valby

12-13 V Base Course of Song of the Vajra – **with Rita Renzi**

19-20 Base Course of Dance of the Six Spaces with Maurizio Mingotti

-JUNE 2012

1-7 Vajra Dance Teacher Training Level 1 with Adriana Dal Borgo and Prima Mai

29-30/1 July - Intensive Yantra Yoga Course – Third and Fourth pranayama series
with Laura Evangelisti