

## **July 2024 - Blue Gakyil Report**

The current Blue Gakyil was formed in the winter of 2022-23 with members, Martha Tack and Marsha Ellison. Blue functions due to the collaboration of Tsegylgar East members and Friends of Blue who lead local and remote practices and who handle all of the announcements and zoom calls.

- **Practices and Retreats since March 2024 -June 2024**

### **Introduction to Dzogchen with Lynn Newdome**

Sunday May 5th

In-person and online via Zoom

20 online; about 15 in-person registrations.

### **The State of Contemplation: Beyond Birth and Death with Steven Landsberg**

Friday, May 24 thru Sunday, May 26, 2024

57 online, 18 in-person

### **Practice of Natural Light: Deepening our Clear Light Dream State with Michael Katz**

Thursday, May 30th

60 online

### **Tibetan Dream Yoga / Yoga Nidra with Michael Katz**

Tuesday, June 18, 2024

78 online

### **Vajra Dance of the Song of the Vajra Instruction and Practice**

Most Saturdays

Varies in-person

Tsegylgar continues to offer regular Ganapujas on special days, Vajra dance tuns, and numerous other group practices in-person and online, and in conjunction with Kundrolling (NYC affiliated ling). There have been new weekly Shinay practices oriented to newcomers, and a weekly opportunity to learn and practice the Vajra Dance of the Song of the Vajra. Please see our calendar for Tsegylgar East Upcoming Practices & Events

<https://www.tsegylgar.org/tsegylgar-east/events-calendar/>

Planning is beginning for retreats and practices next year including a weekend retreat with Michael Katz on Rushen of the Mind, and with other international instructors.