

November 2024 - Blue Gakyil Report

The current Blue Gakyil was formed in the winter of 2022-23 with members, Martha Tack and Marsha Ellison. Lauri Denyer joined Blue over the summer of 2024 as a friend of Blue, actively participating in meetings and planning. Martha Tack has submitted her resignation from the Gakyil as of November 2024. Blue functions due to the collaboration of Tsegyalgar East members and Friends of Blue who lead local and remote practices, and who handle all of the announcements, weekly email blasts, and zoom tech and hosting.

Practices and Retreats, Registration July thru Nov 3, 2024

Dzogchen Shine Meditation (Lynn Newdome)

July-Aug 2024

64 Registrations

(Free no fee)

July Summer Sangha Retreat 2024

47 registrations (26 in-person, 21 online)

\$5870, PP trans fee \$45

Aug & Sept Dance Dance Dance 2024

26 registrations

\$5282, PP trans fee \$24

Umdze Training with Sebastien Remy

Oct 25-27

35 registrations (13 in-person, 22 online)

\$710, PP trans \$3

Rushen of the Mind - Michael Katz with translations

Nov 2 & 3

71 registrations (8 in-person, 63 online)

\$1290, PP trans fee \$27

Ongoing weekly and monthly practices:

Mandarava Practice (Paula Barry & Johanna Bennet)

Yantra Yoga (Paula Barry)

Complete Breathing & the Pranayamas of YY (Paula Barry)

Yantra Yoga in a Chair (Naomi Zeitz)

Tibetan Dream Yoga Nidra (Michael Katz)

Practice of Natural Light (Michael Katz)

Group Practice to Overcome Obstacles & Increase Protection (Michael Katz)

Tara Practice & Discussion (Lynn Newdome)

Dzogchen's Shine Meditation (Lynn Newdome)

Practise of the Precious Vase (Steven Landsberg)

Jnanadakini Thughig Group Practice (Steven Landsberg)

Vajra Dance Practice Days (Bodhi)

And thanks to our Ganapuja & Shitro collective practice leaders

Upcoming Events

Learning the Ganapuja with authorized Santi Maha Sangha teacher Lynn Newdome

Saturday & Sunday, November 16th & 17th, 2024

Tsegyalgar East Schoolhouse Gonpa, 18 Schoolhouse Rd., Conway, MA and online via Zoom

A new collaboration has been initiated between East and West Tsegyalgar resulting in co-sponsoring and co-promotion of events Including:

Longsal Tregchod Retreat with Elias Capriles

based on the Upadesha on the Primordially Pure Tregchod

December 9th to 22nd, 2024 at Tsegyalgar West - in person & online via Zoom

Sessions are 9am-12pm and 2:30pm-5:30pm Pacific Time

Vajra Dance retreat with Carissa O'Kelly

January 17-19 Open level retreat in Todo Santos

January 20-29 Dance, Dance, Dance at the Tsegyalgar West Gar

For more info contact admin@tsegyalgarwest.org.

In the planning stages:

In-person Retreat at Khandroling with SMS II authorized instructor Igor Berkhin

August 10 for approximately 9 days

Vajra Dance Public Weekend with Prima Mai , Saturday August 30 - Monday Sept. 1 2025

Vajra Dance Practice and Review with Prima Mia September 2025 dates to be announced.