



INTERNATIONAL
DZOGCHEN COMMUNITY
NAMGYAL GAR AUSTRALIA

UPCOMING EVENTS

Sangha Retreat

Namgyalgar Vajra Family Vacation

21 - 27 September



We invite you to come to Namgyalgar to get away from the stresses of your everyday life for a few days. To enjoy and relax with your Vajra Kin.

Please let us know if you plan to make it via the following link:

<https://forms.gle/4DtvPBzA6Lf3pCn16>



While there we will enjoy together games and fun, as well as the usual array of collective practices such as Yantra Yoga, Vajra Dance, and Khaita.



We will listen to the recordings from Rinpoche teaching on the Total space of Vajrasattva, and practice together in the lead up to the Anniversary of Rinpoche's Parinirvana

Here is a rough outline of our daily schedule to give you a taste of what's to come:

- 8-930 Vajra Dance
- 10-12 Morning session practice/discussion around Dorjee Sempa Namkha Che
- 14-16 Games/Khaita
- 16-1730 Yantra Yoga
- 18 Short Ganapuja
- 19-21 Replay of Dorjee Sempa Namkha Che retreat

See you there!!!

Suggested donation: \$250 for the whole retreat.

Please contact Sean read.sean62@gmail.com to register interest for any of the Yantra

Other Upcoming Events:

Khaita Annual Festival--18th September, 10am to 2pm at Beerwah Community Hall.

Open Yantra Yoga/Yantra on the chair with Sean, 19-20 September

Yantra refresher for those who already know the 8 movements with Sean, 28-29 September

General Program at the Gar and surrounding area

Gar Program

Namgyalgar online activities, including Yantra Yoga and Breathe, Santi Maha Sangha, Khaita, Collective Practice, and Ganapuja's will be continuing. Additionally, there is are new programs and events at the Gar for 2021 as below.

Ongoing weekly Yantra Yoga and Respira classes continue online:



WEDNESDAY Evenings Recommencing 30th June

Yantra Practice Group with Mathew Long

6-7.30pm Sydney Australia time (GMT+10)

<https://us02web.zoom.us/j/85732548624?pwd=WDR5cC9UQnpUdzl4SjV1RmxXM1RmUT09>

Meeting ID: 857 3254 8624

Passcode: 923999

SATURDAY Afternoons - Beginners Yantra Class with Emily Coleing

4-5.30pm Sydney Australia time (GMT+10)

www.zoom.us/j/8616749815

password: gemof2020

SUNDAY Mornings - 1st group pranayama study session with Sean Read

11-12.15 am Sydney Australia time (GMT+10)

NOTE: Only for people with Transmission from Chögyal Namkhai Norbu

www.zoom.us/j/8616749815

password: gemof2020

SUNDAY afternoons - Beginners Respiration with Oni McKinstry

4-5.15 pm Sydney Australia time (GMT+10)

www.zoom.us/j/8616749815

password: gemof2020

Donations to support Namgyalgar are gratefully received via the following link. Please put Yantra in the reference.

https://www.paypal.com/donate?hosted_button_id=4JMV8Z8Y4ZVE6&source=url

All classes are GMT +10. Check time

here: <https://www.timeanddate.com/worldclock/converter.html?iso=20201001T100000&p1=240>

Look forward to seeing you there! :-) Oni, Emily, Math and Sean

Oni McKinstry, Emily Coleing, Mathew Long, and Sean Read.

Joyful Khaita Song and Dance practice

Every Saturday via Zoom - 9:00 am to 10:00 am (QLD time).

For those with physical difficulties, and unable to dance please be sure that you are most welcome to join us for the singing and to learn the meaning of the Khaita Joyful songs we cover each session. We usually go through the meanings first, and then sing each song three times. In a couple of months, there will be an online event of Khaita joyful singing and dancing performances to enjoy.

Topgyal's email: tibet4you@gmail.com

Mob: 0468853125

Tashi delegs

Topgyal

Shitro



Shitro Collective Practice will continue at 4 pm Mondays (AEST) on the following dates to be dedicated to our vajra brother Laurence and all beings. 2nd, 9th, and 16th of August 2021.

Mandarava



Mandarava Collective Practice to commence online from 9th to 22 August at 7.30 am

The practice of 25 Spaces will begin again after that on the 23rd of August.

Harmonious Body, Voice, and Mind: Finding your natural voice

Tuesday evenings [7 to 8.00 pm](#)

Newcomers are welcome.

Each session is valuable on its own.



Ongoing (with some breaks) from 2nd February 2021

Via Zoom www.zoom.us/j/8616749815

Password: gemof2020

The three doors towards the realization of our primordial state are the Three Vajras of Body, Voice, and Mind. The practice of Yantra Yoga, Prāṇāyāma and Harmonious Breathing naturally flow from the Vajra of Body and voice as breath into natural voice as sound. In these sessions, Sean will lead us through a short session of Harmonious Breathing exercises, which will flow into the second half of the session focusing on voice, led by Judith. Allowing the natural breath to flow into natural voice, we will increase our capacity to sustain sound on our breath, sing in tune, tune into fundamental harmonic overtones, vibrations, reverberations, and resonance, we will gradually find freedom and confidence in singing the sacred melodies and primordial sounds of mantras and melodies used in our practices.

Sean Read has been actively teaching Yantra yoga in Melbourne since he was first authorized at the end of 2014. He has been teaching Harmonious breathing since 2018. He is also a musician with a passion for vocal music in both contemporary and classical styles.

Judith Pickering, a student of Chögyal Namkhai Norbu since 1995, is a musicologist and singer as well as a psychotherapist and Jungian Analyst. She trained at the Kodály Institute, Franz Liszt Academy of Music in Hungary as well as the Canberra School of Music. Her musicology thesis was on acoustically

pure intonation in singing. She has taught singing, vocal intonation, sight-reading, and aural skills to children and adults as well as leading workshops at meditation retreats and psychotherapy residencies. She is a member of the Sydney Philharmonic Chamber Choir and also formed Byrd Song, a vocal quartet.

Ganapujas in August 2021

Please note that the Namgyalgar online Google calendar will adjust the practice times to Daylight Saving time according to your state. Daylight savings ended on 4th April 2021.

Tuesday 3 August, 5.30 pm Dakini Day Ganapuja

Sunday 8 August, 7.00 pm, Dark Moon Ganapuja

Tuesday 17 August, 5.30 pm, Guru Rinpoche Day Ganapuja

Sunday 22 August, 12.30 pm Full Moon Ganapuja

These are the dates of Ganapujas and we are all encouraged to practice according to(restricted) circumstances during these times.

