

October 2023 - Blue Gakyil Report Practices and Retreats since March 2023

The current Blue Gakyil was formed in the summer of 2022 with members, Robert Derr and Marsha Ellison. Blue functions due to the collaboration of Tsegyalgar East members and Friends of Blue who lead local and remote practices and especially Nancy Paris who handles all of the announcements and zoom calls.

This season Tsegyalgar offered an intensive series of retreats led mainly by International Instructors per below:

- The Summer Sangha Celebration was held for 8 days in July on Khandroling and featured daily recordings of the Medjung Tantra by ChNRR. A highlight was the instruction over two days by Mensa Phuntsog Wangmo on Medicine Buddha and Zhitro. A newcomers day and other practices were led by local authorized instructors throughout the days including Vajra dance and Yantra Yoga. All sessions were shared on zoom. Despite torrential downpours that led to rapid re-organization of events, all events went off smoothly with a great opportunity to be together and enjoy Khandrolling. There were 62 registrants. Feedback gathered at the retreat indicated satisfaction with the variety of practices offered and some suggestions for modifications of the schedule.
- In early August, another precious opportunity was the Dance, Dance, Dance retreat held on Khandroling featuring International Vajra dance leader Prima Mai. There was Vajra Dance Instructor Training and intensive practice retreats on the Vajra dance that Benefits Beings, Khalong of the Song of the Vajra, and a refresher course on the Song of the Vajra led by Prima Mai and authorized dance instructors, Kyu, Carissa, and Bodhi. There were 49 registrants including several international participants.
- At the end of the summer, an 11-Day retreat was offered with Elías Capriles on a brief text on Tekchö called Dakini Upadesha and a text on the Four Chogshag. There were teaching sessions in the morning and practice sessions at Khandroling in the afternoon. Sessions were zoomed with translation in Spanish and Russian. There were 103 registrants, with numerous international participants.
- At the end of September Tsegyalgar offered "Going Beyond Words," A weekend course with Steven Landsberg. With two daily sessions in-person at the Conway Gompa and zoomed online, there were numerous practice sessions with this SMS instructor with 57 participants.
- Beginning in October a new season of the AtiYoga Book Club was launched. This program is especially intended for new practitioners who've recently received transmission. The course explores the first two sections of The Three Paths of Liberation, on the foundations of the path, and Sutra, Tantra and Dzogchen along with short Dzogchen meditation and discussion of participants' experiences. There are 22 registrants to date.
- Our monthly calendar of events continues to offer regular Ganapujas on special days, yantra yoga, daily practice of the 12AH dance, Odzer Chenma Practice, Mandarava Practice, Practice of Natural Light, and regular Vajra dance practices.