

## **September 16 – November 30, Collective Practice & Retreat Report**

Announcements for weekly events are emailed every Sunday. There are numerous online and in-person sessions held each month for Yantra Yoga, Vajra dance, Ganapuja, and other practices led by generous teachers and Sangha members.

After a rich and busy summer, we have had a quiet Fall, except for a couple additions to our regular programming.

Dr. Phuntsog is now leading weekly Green Tara practices online on Wednesdays, 8 am ET.

On September 27, in honor of Rinpoche's passing we had a celebratory Vajra Dance, Guru Yoga of White A, and potluck dinner with stories, with 32 online, 8 in-person.

We are planning quite a few events in the winter, with dates already set up:

-Green Tara Retreat Replay (8 sessions), Green Tara practice, and Auction in honor of Rinpoche's Birthday, December 6 — Dec 14

-‘Being the Whole World: Teachings and Practices of Lojong and Semdzin’ with a younger, but very good SMS teacher Arnaud Coquillard, December 26 — 28 (online)

-An Open Weekend Retreat with Oliver Leick, January 31 — February 1 (online)

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, weekly email blasts, and zoom meetings.

### **Collective Practice Numbers**

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

Sept 17, 2025: 107

Nov 20, 2025: 116

#### **Practice of Natural Light with Michael Katz**

Nov 6, 2025: 96

#### **Jnanadakini group practice with Steven Landsberg**

Sept 2025: 13, 11

Oct 2025: 16, 19, 37, 27

Nov 2025: 48, 29, 24

#### **Practice of the Precious Vase with Steven Landsberg:**

Nov 2025: 54, 60, 61

**Other Group Practice Attendance Averages:**

Ganapujas: 32 (online) 20 (in-person)

Mandarava Practice (Mon & Tues - Paula Barry & Johanna Bennet): 12

Paula Barry: Yantra Yoga for those with experience: 11

Paula Barry: Application of the Pranayamas: 19