



DZOGCHEN WEST

THREEFOLD NATURAL MEDITATION: Essential Instructions on Practice

THREE-DAY WEEKEND DZOGCHEN MEDITATION RETREAT

with Lama Daniela and Lama Christopher

December 7th-10th at a tranquil retreat center in San Marcos, CA



Dzogchen - Natural Great Perfection - introduces us to the innate goodness and freedom of being we all share. This retreat will introduce and enable us to practice readily accessible ways of natural meditation from the renowned 14th century Dzogchen master, Longchenpa, with gentle guidance from teachers in his lineage, in accordance with his "Essential Teaching on Practice".

Retreat is a precious opportunity to unwind and enjoy complete presence, in a gentle contemplative environment, among kindred spirits. Noble silence is observed outside the teaching hall. Through the gift of silence, we take a break and unplug from our worldly busyness and over-stimulation, giving way to a deepened sense of spirituality and tranquility.

The Lamas will each teach, guide meditation and lead lively Q&A sessions in the hall daily. Private Lama interviews may be available by request. Inspiring outdoor sky/space meditation, heart-opening chanting, and gentle Tibetan yoga will also be offered. All sessions are optional. Single or double airconditioned rooms with private bath, and three vegetarian meals each day are included.



For twenty years, [Lama Daniela](#) and [Lama Christopher](#) have each practiced and studied intensively under the guidance of their root teacher, [Lama Surya Das](#), as well as other accomplished masters, Himalayan and Western. Besides completing numerous extended silent retreats, they have been teaching for more than ten years and were ordained as Lamas in 2015. They are thirty-ninth in direct succession to this Dzogchen lineage spanning fourteen centuries. In addition to their commitment to the authentic and accessible transmission of these timeless wisdom teachings here in the West, they are also both joyful parents and have each enjoyed life-long professional careers.

Residential Retreat, Accommodation & Meals: \$490 per person.

SPACE IS LIMITED. FOR SECURE ONLINE REGISTRATION, GO TO: www.dz.ee/aut17

For more information see www.DzogchenWest.org, email Center@DzogchenWest.org or call 888-837-7474