



DZOGCHEN WEST

NATURE OF MIND: Making the Journey from Head to Heart

ONE-DAY MEDITATION RETREAT
with Lama Daniela and Lama Christopher
Saturday, November 18th in Beverly Hills, CA



We don't have to believe everything we think. Dzogchen - Natural Great Completeness - introduces us directly to the basic goodness and freedom of being we all share. Waking up to this innate wonder and joy allows us to expand beyond our conceptual limitations, reaching into life — and into the world — with Awareness full of love and wisdom.

Retreat is a precious opportunity to unwind and enjoy complete presence, in a gentle contemplative environment among kindred spirits.

The retreat will include user-friendly teachings, guided meditations and lively Q&A sessions with the Lamas. This event is appropriate for spiritual exploration at any level of experience. It will be held at InsightLA's beautiful Benedict Canyon retreat house.



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.

There is a sliding scale for attendance; please give what you can in support of the venue, the day and the group.

Suggested donation: \$65-\$125 (sliding scale). Small number of student spaces: \$35.

SPACE IS LIMITED. FOR SECURE ONLINE REGISTRATION, GO TO: www.dz.ee/bc17

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