



DZOGCHEN WEST
Ecstatic Awakening!

FINDING THE COMMON GROUND

The Innate Goodness of Non-Dual Awareness

THREE-DAY WEEKEND MEDITATION RETREAT

with Lama Daniela and Lama Christopher

December 5th-8th 2019 at a peaceful hillside retreat center in San Marcos, CA



The timeless Dzogchen meditation tradition points us to the natural great completeness and freedom of being we all share at heart—the basic goodness that grounds and unites all!

Join us for this precious opportunity of Retreat together to relax, explore and unwind into complete presence, in a gentle, contemplative environment. Outside the Meditation Hall, silence will be observed, allowing us a retreat from the over-stimulation of busy worldly life and communications, conducive to a deepened experience of spirituality and discovery.

The Lamas will offer teachings, guide meditations & lead lively Q&A sessions each day. Heart-opening sky-gazing, chanting and Tibetan Energy Yoga will also be offered each day. Private Lama interviews may be available by request. Accommodations in single or double air-conditioned rooms with private bath and 3 vegetarian meals daily.



For over 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: \$588 per person (limited availability at \$515 until November 18)

SPACE IS LIMITED. FOR SECURE ONLINE REGISTRATION, GO TO: www.dz.ee/aut19

www.DzogchenWest.org • email Center@DzogchenWest.org • phone 888-837-7474