



**DZOGCHEN WEST**  
*Ecstatic Awakening!*

## THE THREE VITAL POINTS The Perspective, Practice and Realization of Natural Meditation

**THREE-DAY WEEKEND DZOGCHEN MEDITATION RETREAT**

with Lama Daniela and Lama Christopher

November 30<sup>th</sup>-December 3<sup>rd</sup> 2023 at a peaceful hillside retreat center in San Marcos, CA



The Three Vital Points is one of the most fundamental and comprehensive teachings on natural presence and the nature of mind. It provides a thorough introduction for newcomers as well as important pointers for experienced meditators.

Join us for the 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-five years, [Lama Daniela](#) and [Lama Christopher](#) have each practiced and studied intensively under the guidance of accomplished masters, both Himalayan and Western. Besides completing numerous extended silent retreats, they have been teaching for more than fifteen 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 \$548 until September 30)

ACCOMMODATION IS LIMITED. FOR SECURE ONLINE REGISTRATION, GO TO: [dzwe.org/events](https://dzwe.org/events)

[www.DzogchenWest.org](https://www.DzogchenWest.org) • email [Center@DzogchenWest.org](mailto:Center@DzogchenWest.org) • phone 888-837-7474