

# Mindfulness Meditation Center

Presents

## The Union of Mahamudra and Dzogchen



10-Day Meditation & Teaching Retreat

This week long retreat will focus on a very special 300 year old meditation manual that simply and thoroughly presents the profound Dzogchen and Mahamudra systems of practice.

The author, Karma Chagme, sets forth the stages of meditation practice including the cultivation of calm-abiding and insight, the experiential identification of awareness, and the highest steps of Mahamudra and Atiyoga leading to perfect enlightenment in one lifetime.

Drawing from his enormous textual erudition and mastery of all meditative traditions, he shows how these two systems of meditation can be unified into a single, integrated approach to realizing the ultimate nature of consciousness.

Karma Chagme was a major lineage holder of the Karma Kagyu tradition of Tibetan Buddhism.

**Members: \$300,**  
**Non-Member Cost: \$600**  
**pre-payment required.**  
**To register, email:**  
**[info@MeditationSarasota.com](mailto:info@MeditationSarasota.com)**  
**or call: 941 323 3372.**

**September 30 –**  
**October 9, 2011**

Mindfulness Retreat Center  
Osprey, Florida

Start: TBD  
Housing and meals included.

Visit our website for information on classes,  
upcoming retreats, videos and MP3 teachings.

**[www.MeditationSarasota.com](http://www.MeditationSarasota.com)**