

Mountain Stream Meditation

3-Night Meditation Residential Retreat with Ken Bradford

~ *Introduction to Dzogchen Contemplation*

Location: Harmony Ridge Lodge, Nevada City, CA

Dates: Thursday, November 16 to Sunday, November 19, 2023

Cost: \$475 due upon registration

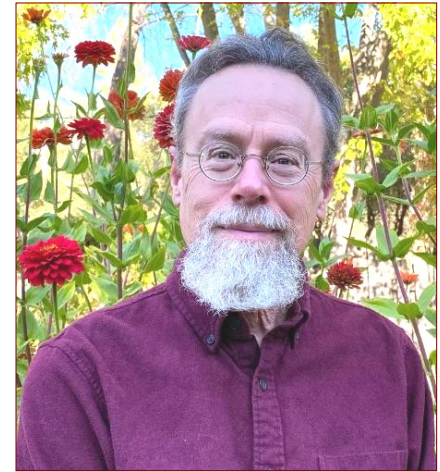
Registration: contact Corinne, ojaicorinne@gmail.com

This retreat will include teaching, guided and non-guided meditation, and discussion. Space is limited.

[www.mtstream.org/
retreat-schedule](http://www.mtstream.org/retreat-schedule)



Dzogchen is an advanced approach best suited for those weary of fear and materialism, both worldly and spiritual, whose main purpose in life is toward self-liberation. It is highly recommended to have a firm foundation of self-attention, including a workable capacity for handling existential vulnerabilities and a meditative practice that nourishes self-compassion.



Bio: Ken Bradford is a contemplative yogin, author and Dharma teacher integrating a wide arc of Buddhist, Dzogchen and psychological thought and practice. His heart teachers include Chögyal Namkhai Norbu, Joseph Goldstein, Ruth Denison and Tsoknyi Rinpoche, among others. Formerly, he maintained a psychotherapy practice in the San Francisco Bay area and was Adjunct Professor at John F. Kennedy University and CIIS. His publications include *Opening Yourself: The Psychology and Yoga of Self-liberation* (2021); *The I of the Other: Mindfulness-Based Diagnosis & the Question of Sanity* (2013); and *Listening from the Heart of Silence: Non-dual Wisdom and Psychotherapy, Vol. 2* (2007, with John Prendergast). www.authenticpresence.net