



Opening the portal to our true nature

With Diamond Approach  teachers
Geoff Caird and Catherine Melvin.

Developing the Belly Centre
through inquiry, sensing and
meditation practices.

We will work with the barriers
and learn how to trust and deepen
into the ground of our Being.

DATES: June 28th - 29th 2025

TIME: 10 - 5pm

COST: €250 (€195 *Early Bird* before April 30th)

VENUE: Woodhouse, Ballydehob, Co.Cork P81 WY02

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