



THE DIAMOND APPROACH

Spiritual Practice in Uncertain Times

INTRODUCTION TO THE DIAMOND APPROACH

In a time of crisis what is most precious to us, our spiritual practice, can unfortunately fall by the wayside. There are practices in the Diamond Approach Path that can deepen our connection to self, to others, and to the world when life's circumstances prove challenging—practices that facilitate stability, openness, and clarity. Join us in returning to the basics, our spiritual practices, to refine our commitment to what is most real and most important when life itself poses extraordinary challenges.

To support your process with this teaching a small group led by a Diamond Approach teacher will follow on Sunday. This format offers an opportunity to practice Inquiry, the primary practice of the Diamond Approach.

Saturday All-Day Teaching
May 16, 2020, 10am-5:30pm

Sunday Small Group Inquiry
May 17, 2020, 10am-12:30pm

Location: ZOOM

COST: Sliding Scale ~ \$0 to \$120

Registration: For more information and to register contact Susan Josephson at suejo@bellsouth.net 985-773-8882 or cccducat.es.org

TEACHERS

BEN CENTANNI has been a student of the Diamond Approach since 1999, and a teacher since 2016. He is also a public school teacher in Santa Cruz, CA. He is originally from New Orleans.

DALE SIDES has been teaching the Diamond Approach since 2004. He has taught and assisted groups in California, the Midwest, and Europe. He lives in San Francisco and is originally from Baton Rouge.

WHAT TO EXPECT: This all day workshop will include meditations, talks, and a chance to practice inquiry, one of the foundations of the Diamond Approach.

"The Diamond Approach is among the most integrated and visionary teachings of body, heart, and spirit that I know."

- Jack Kornfield

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