

# PLEASE JOIN US FOR A DAY EXPLORING THE MAIN PRACTICES OF THE DIAMOND APPROACH<sup>®</sup>

"The Diamond Approach is a path of wisdom, an approach to the investigation of reality and work on oneself that leads to human maturity and liberation."

A.H.Almaas

**SATURDAY 6<sup>TH</sup> JUNE, 2026**

**10AM TO 4.30PM**

**RUSHBROOK CENTRE, TOTNES, TQ9 5HW**

**Come and explore**

**MEDITATION** - focusing on the belly as the seat of presence and embodiment

**SENSING, LISTENING & LOOKING** - landing into the body and opening to the world around us

**INQUIRY** - becoming aware of and exploring the soul's inner terrain

**Newcomers and current students welcome**

**WITH TEACHERS PENNY KENNINGTON  
AND MARK WRIGHT**

**COST £50 - TO REGISTER PLEASE EMAIL  
MARK.WRIGHT@DIAMONDAPPROACH.ORG**



**THE DIAMOND APPROACH<sup>®</sup>**