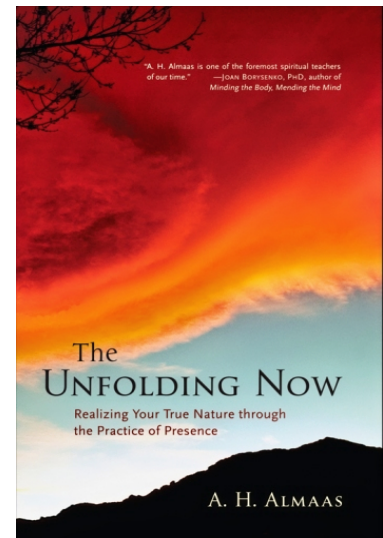


Diamond Approach Book Study & Inquiry

Santa Rosa, California

The keys to being ourself and abiding in our deepest nature are right here with us, in this very moment. Join us for a 6-part series to explore [The Unfolding Now: Realizing Your True Nature through the Practice of Presence](#) by A.H. Almaas. We will read, discuss, and explore chapters 1-6. The foundational practices of the Diamond Approach, including meditation and inquiry will support our explorations. These evenings will be oriented to those new to the Diamond Approach.



Location: Santa Rosa (address given prior to 1st meeting)
Dates: February 3rd & 17th, March 3rd, 17th, & 31st, April 14th
Time: 6:30 - 9:00 pm

Fee: \$150 to \$240, according to your means. Limited to 12 participants.

To register, or for more information, contact: **Sara Ellison** 607-329-0654 saragellison@gmail.com or **Jody Qabazard** 510-334-1884 jodygee@att.net
We look forward to hearing from you!



I'm Jody, a teacher of the Diamond Approach. As early as I can remember, I felt that right under the surface of appearance is a never-ending flow of new discoveries. Exploring my inner and outer worlds has been a focus for me, and when entering the Diamond Approach in 2001 I found a path that could receive and include all of me. The adventure and mystery of Being continues to be an inspiration as I guide others in this journey.



I'm Sara, a Diamond Approach teacher and psychotherapist with over 20 years of experience helping people discover what is most true for them. The Diamond Approach practice of inquiry has radically deepened my insight into what is possible for each of us in the depths of our precious minds, hearts and bodies. It's a journey that has brought untold joy and richness to my life and I love sharing it with others.

