



DIAMOND APPROACH[®] OTTAWA INNER SUPPORT

A Diamond Approach Seminar
Open to the Public and Current Students

The Diamond Approach is a path of wisdom through direct experience. It recognizes the uniqueness of each individual and adapts itself to each person's needs at the time. It does not require that people adapt to some ideal, but welcomes people as they are and helps them to take the natural next step for their unique development.

Inner support is one of the pure forms in which our Being manifests. It is always available as a groundedness, definiteness, and certainty that provides the self with confidence. In this weekend we will explore where true inner support comes from, and what prevents it from manifesting for us more often in our daily lives.

DIAMOND APPROACH OTTAWA is now forming A NEW ONGOING RETREAT GROUP. The group is non-residential and will meet 3 times a year in a **weekend format**. Also, there will be a 2-day weekend retreat via Zoom webinar in the winter. These retreats will include evocative teachings, meditation and body-based practices, experiential exercises, and self-inquiry.

DATES: **Friday, November 2nd, 2018**
6:30pm - 9:30pm (registration begins 5:45pm)

**Saturday, November 3rd and
Sunday, November 4th**
10:00am - 6:00pm

TEACHERS: Lisa Barrett and Carolyn Cerame

COST: \$425 + HST
\$350 + HST for members currently enrolled
in an ongoing Diamond Approach group
\$300 + HST Full-time students

LOCATION: Saint Paul University, 223 Main Street, Rm L-120
Ottawa, ON K1S 1C4

CONTACT: For registration and information, please contact
Lisa Barrett at 2simplybeing@gmail.com

“ I have had a life changing experience working with Hameed Ali (A.H. Almaas) and the Diamond Approach for the past 26 years. The Diamond Approach is among the most integrated and visionary teachings of body, heart, and spirit that I know. ”
- Jack Kornfield, Ph.D, Author of *A Path with Heart*

Please visit www.diamondapproach.org to learn more about the Diamond Approach.