



Diamond Approach® Ottawa Montreal 2

DISCOVERING THE DIAMOND APPROACH

(an online retreat)

September 26, 27, 28, 2025

Dates:

September 27th, 2025, 2:00 - 5:00pm ET

September 28th & 29th, 2025

9:30am - 12:30pm ET, 2:00 - 5:00pm ET

Cost: CAD \$285 + provincial tax,

USD \$225, EUR €200 + btw

For registration and further information:

daom2.info@gmail.com

Location: Online Zoom Retreat

Additional Upcoming Retreats:

• October 24, 25, 26, 2025

• December 5, 6, 7, 2025

Diamond Approach Ottawa Montreal 2 is now forming a new ongoing retreat group, which will engage students in the rich and unfolding teachings of the Diamond Approach. The group will meet mainly on zoom with one in-person residential retreat annually near Montreal, Canada.

Our September retreat will orient students to the work of the Diamond Approach, including the introduction of foundational teachings and practices (meditation, body-based sensing practices, experiential exercises and Diamond Inquiry®. New students will also have the opportunity meet with one-on-one with a Diamond Approach teacher.

"Inquiry, the central practice of the Diamond Approach, always begins by exploring exactly where we find ourselves in the moment. For most of us, this means that we begin our inner work by dealing with the structures and beliefs that constrain the aliveness of our immediate experience. Over time, this open and open-ended inquiry into our experience carries us through all kinds of realizations and awakenings. We discover the soul, we discover presence in its myriad qualities... and we learn how to live a personal life that reflects the wisdom of all these discoveries."

A.H. Almaas, Runaway Realization

Please visit www.da-om.org to learn more.

The Diamond Approach® is a path that engages and leads to the discovery, development & preservation of the Human Essence.