



# Diamond Approach® Ottawa Montreal

## THE HEART OF INQUIRY

### An Introductory Online Diamond Approach Retreat

In this retreat weekend we will explore how the art of Diamond Inquiry® and the practice of presence can open our heart and mind. When we feel the desire to know our true nature, although we may not use those words, a flame is lit, and we experience the wish to know more, see more, be more, feel more. We want to become more consciously aware of what we internally sense to be our potential. The capacity of this teaching to transform your own life can extend out to affect your environment, changing the way that you relate to other people and the world at large.

The Diamond Approach is a path of wisdom through direct experience. It recognizes the uniqueness of each individual and 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.

DIAMOND APPROACH OTTAWA MONTREAL is now forming a **NEW ONGOING RETREAT GROUP (DAOM2)**. The group will meet mainly on Zoom with one annual in-person retreat. The retreats will introduce the foundational teachings of the Diamond Approach, including meditation, body-based practices, experiential exercises and Diamond Inquiry®. The teaching is presented in English, however the experiential explorations may also be done in French if partnered with other Francophones.

**DATES:** May 30th, 2025, 2:00pm- 5:00pm ET; May 31st & June 1st, 2025 9:30am-12:30pm ET, 2:00pm-5:00pm ET  
(90 min. break for lunch)

**COST:** \$285 CAD + provincial tax, \$225 USD, €200 Euro + btw

**CONTACT:** For registration and further information please contact [info@da-om.org](mailto:info@da-om.org)

**LOCATION:** Online Zoom Retreat

*" I wish I could show you, when you are lonely or in darkness,  
the astonishing light of your own being." Hafiz*

Please visit [www.da-om.org](http://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.

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