

The Diamond Approach®

# Meditation and Inquiry Retreat

Non residential—January 18,19 and 20<sup>th</sup>, 2019

Jan 18, 6:30 to 9pm, Jan 19, 9:30am to 5pm, Jan 20 9:30 to 12noon

1923 Geddes Ave, Ann Arbor Michigan

THE DIAMOND APPROACH, DEVELOPED BY A. H. ALMAAS,  
USES THE FINDINGS OF MODERN PSYCHOLOGY AND THE  
ANCIENT WISDOM TRADITIONS TO SUPPORT A RETURN TO  
ESSENCE, OR OUR TRUE NATURE.

This will be a time of **relaxing into the silence** in meditation and exploring ourselves in personal inquiry. These two practices work together to support a **return to our authentic selves**. The retreat theme will be strength and aliveness on the spiritual path. It is a wonderful opportunity to explore the **Diamond Approach** whose aim is to discover the **deepest truth of what it means to be human**. Come change your life.

This weekend will be co-taught by Dorothy Landry and Lou Weir.

Dorothy is a retired psychotherapist who works with groups and individuals in Connecticut and Massachusetts

Lou is a teacher of meditation at Insight Meditation Ann Arbor. Both are certified Diamond Approach teachers in the Rishwan School.

*“Deep work inevitably brings up powerful and painful experiences. . .I have been stunned at the insights the teachers have led me to.”*

~Student, Ann Arbor

*“Almaas is one of the most significant voices for a new and remarkably integrated spiritual vision. His work combines the personal, the universal, the psychological and the spiritual... I respect his work to the highest degree...”*

~Jack Kornfield

What to Expect: we will have meditations, talks, and a chance to practice inquiry, one of the foundations of our practice. A vegetarian lunch will be included on Saturday .  
Cost \$170

To register, or ask any questions e-mail Lou at [diamondworkmichigan@gmail.com](mailto:diamondworkmichigan@gmail.com).