

# CULTIVATING THE 'NOW' IN EVERYDAY LIFE

Tuesday Evenings

7 pm – 9:30 pm

September 12, September 26,  
October 10, and October 24

Location: SEATTLE  
Homestreet Bank  
7307 Greenwood Ave N  
Seattle WA 98103

*The classroom space is  
entered from the side door  
off the parking lot – the front  
door will NOT be open.*

Cost  
\$80 for the  
four sessions

The class will be  
led by Anne Hoff,  
a teacher of the  
Diamond Approach®.

For questions &  
registration, contact  
Anne at 206-697-0813 or  
innerjourney@mac.com.

*We hear much about 'Being in the Now'... yet it is not  
as easy as it sounds. Many people struggle to quiet the  
mind, to establish a meditation practice, or to  
experience the simplicity and satisfaction of being. This  
4-session class introduces proven meditation and  
inquiry practices that develop embodiment, presence,  
and an awake and engaged mind – practices that bring  
us to the here and now.*

*It will also teach how these practices can be reinforced  
throughout your day, so that mindfulness and presence  
become more integrated with daily living.*

*These practices  
and the perspective  
presented are part  
of the Diamond  
Approach, a modern  
consciousness  
teaching that arose  
in and is uniquely  
suited to our times.*



© 2013 Ridhwan Foundation. All rights reserved. "DIAMOND APPROACH" and "DIAMOND HEART" are registered trademarks and/or trademarks of The Ridhwan Foundation in the U.S., Europe, and various other countries throughout the world.