



# OPENING TO COMPASSION

An Introduction to the Diamond Approach

*The compassionate heart is not only an open heart. It is a heart that is kind, warm, and sensitive to the truth, sensitive to who we are. It is a loving response to suffering and pain. Compassion opens direct contact with the richness of our being in a tender and powerful way. These turbulent times call for compassion – compassion for ourselves and compassion for others.*

Teachers: Anne Hoff and Naya Kee, Teachers of the Diamond Approach

Location: Online Zoom meetings. Link provided after registration.

Start: Friday May 15, 2020 7 pm - 9 pm PST  
Finish: Saturday May 16, 2020 10 am - 5 pm PST

Payment: Sliding scale \$50 – \$70 USD *(We are open to meeting requests for a further reduced fee from anyone who would like to attend the teaching and would not otherwise be able to.)*

Registration: If you are in Canada, please contact Naya Kee [nkee@telus.net](mailto:nkee@telus.net)  
If you are elsewhere, please contact Anne Hoff [innerjourney@mac.com](mailto:innerjourney@mac.com)

Deadline: Register by May 8, 2020. Space is limited, early registration is advised.