



## Introduction to the Diamond Approach® Exploring the Art of Inquiry

**A Diamond Approach Weekend      September 30 – October 1, 2023**

The Diamond Approach is a contemporary spiritual path based on modern discoveries in the field of psychology and a deep understanding of the spiritual dimension of our human nature. This path emphasizes the unique unfolding of each individual soul. The Diamond Approach uses inquiry as a main practice to invite your personal experience to open up into further discoveries.

In this weekend we will focus on learning to inquire by including the inner centers of Belly, Heart and Head.

The Belly center helps to deepen the connection to our bodies and to ground our realization. It brings the possibility of functioning from presence in the world. Our Heart center brings curiosity, courage and kindness to our process. The Head center supports us to understand our personal process. When these subtle centers are open and working together, they can facilitate our inquiry as well as they can become a support in our daily life.

During our time together we will include meditation, sensing practice, bodywork and inquiry. We will focus on understanding what inquiry is and we will practice together.

This group is open to the public and anyone interested in the Diamond Approach. Members of the Ridhwan® school are also welcome. The seminar will be conducted in English.

**Teacher:** Konnie Schneider - Diamond Approach Teacher since 2015, is teaching groups in Germany, Scandinavia and International Groups

**Assistant teachers:** Synnøve Seim, Laurids Kuhn and Kristian Ofstad Lindberg

**Location:** Aya Yoga, Lille CC Vest, Lilleakerveien 14, 0283 Oslo. 5 minute walk from both Lysaker and Lilleaker station. Free parking.

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|---------------|------------------------|---|
| <b>Dates:</b> | Saturday, September 30 | 10:00 h - 13:00 h<br>15:00 h - 18:00 h<br>19:00 h - 21:00 h |
|               | Sunday, October 1      | 10:00 h - 13:00 h   |

**Costs:** NOK 1750,00

**Registration:** For registration and further information please contact: [synnoveseim@gmail.com](mailto:synnoveseim@gmail.com)  
If you are confronted with financial hardship, you can reach out to us.



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