



# Your Presence is Requested

## *A Diamond Approach® Event in San Miguel de Allende*

**P**resence brings each moment to life within and around us, but often we are too busy to notice. Even when we are living our adventures, we may miss out on the fullness of our embodied experience, and its impact on the moment. In this practice we will explore the role of your body in building your capacity to be present “on the cushion” and in your life. We’ll explore some of the foundational practices of the **Diamond Approach**, including a short introduction to presence, a guided body practice and meditation and an experiential exercise. There will also be time for questions and sharing.

**Y**our host for this event is Terry Stevens, an ordained teacher of the **Diamond Approach** working with private students from her home in San Miguel de Allende in person and on zoom. She brings to her teaching an extensive background in the human potential movement that includes executive and Integral Coaching, grief support, breath work and the Enneagram.

**When:** 2:00 - 4:00 PM date June 1, 2025 (arrive 15 minutes early please)  
**Where:** Cuesta de San Jose, Centro (contact Terry for exact address)  
**Cost:** This event is free to the public  
**RSVP:** Please reserve your spot by contacting Terry at **+1-817-689-8204** or [evensterry@gmail.com](mailto:evensterry@gmail.com).  
**Notes:** Street parking is limited

**T**he Diamond Approach is a modern-day spiritual path that invites us to discover how to live more fully in the world. The teachings, practices and community comprise a path for self-exploration that support greater self-awareness and a more fulfilling life.

*Terry is also accepting students for private spiritual insight sessions. Contact Terry for details.*