

Amherst Diamond Approach® “ADA”

Inner Strength and Courage November 3-4, 2018

Hampshire College, Franklin Patterson Hall Faculty Lounge

893 West St. Amherst, MA 01002

10:00 AM – 7:30 PM Saturday (includes small groups)

9:30 AM – 4:30 PM Sunday

teacher: Leah Chyten



Photo credit: Deborah K. Miller

We begin our exploration of essential aspects with the quality of strength, also called the red aspect. Here we discover our capacity for dynamically expanding into life and firmly separating from what no longer serves us. We discover the courage and capacity to be fully who we are.

Future Dates

Nov 3-4 2018

Jan 12-13 2019

April 6-7 2019

The Diamond Approach® is a journey toward uncovering the essence of who we really are beneath all the layers of social conditioning and cultural expectations. Its aim is to discover the deepest truth of what it means to be human.

For more information email: parvati285@gmail.com or visit www.diamondapproach.org

To register, make check payable to: Leah Chyten and mail to Parvati Grais

45 Round Hills Road, Amherst, MA 01002

\$230 (includes small group fees) \$210 Early registration by October 13, 2018



Name: _____

City: _____ State: _____

Phone: _____ Email: _____

REGISTRATION