

Amherst Diamond Approach® “ADA”

True Strength and the Inner Critic

or

“I can” meets “Don’t you dare”

January 12-13, 2019

Hampshire College, Franklin Patterson Hall Faculty Lounge

893 West St. Amherst, MA 01002

10:00 AM – 7:30 PM Saturday

9:30 AM – 4:30 PM Sunday

teacher: Leah Chyten



Essential aspects, also called divine elixirs or higher emotions, are foundational teachings of the Diamond Approach. Each aspect awakens and enhances our potential for embodied fulfillment and freedom.

We will continue our exploration of the aspect of strength, the red essence. Its loving, dynamic energy supports us in standing for the truth of who we are, and is a vital ally in liberating us from the tyranny of the inner critic.

2019 Dates

Jan 12-13 2019

April 6-7 2019

June 1-2 2019

Sept 7-8 2019

Nov 2-3 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 If postmarked by December 22, 2018



Name: _____

City: _____ State: _____

Phone: _____ Email: _____

REGISTRATION