



DIAMOND APPROACH® OTTAWA

THE JOY OF DISCOVERY

A Diamond Approach Seminar

The Diamond Approach teaching is a path of wisdom through direct experience. It recognizes the uniqueness of each individual and adapts itself to each person's needs at the time. It does not require that people conform to some ideal, but welcomes people as they are and helps them to take the natural next step for their unique development.

An ongoing Diamond Approach Group is now forming. The group meets in Ottawa three times a year with interim Zoom meetings, optional online inquiry groups, and a Zoom webinar in the winter. These 4-day weekend retreats include evocative teachings, inquiry, meditation, and body-based practices.

In this April retreat we will be working with inquiry and the Yellow Essence, which includes spontaneity, playful curiosity, and the joy of discovery, coming closer in contact with our hearts desire.

DATES: April 16, 17, 18, & 19, 2020

- **Thursday, April 16** 10:00am – 5:30pm
(registration/sign in begins at 9:00am)
- **Friday, Saturday & Sunday:**
10:00am – 5:30pm

There is a possibility of an additional meeting
Friday or Saturday evening, 6:30 to 8:30pm

LOCATION: Saint Paul University
223 Main Street, Rm L-120
Ottawa, ON K1S 1C4
(Affordable housing available nearby)

COST: \$425 + HST
\$300 + HST Full-time academic students

TEACHERS: Lisa Barrett & Milia Ahu

CONTACT: For registration and information,
please contact Lisa Barrett at
2simplybeing@gmail.com

2020 ADDITIONAL DATES:
June 25, 26, 27, 28
Sept 17, 18, 19, 20

“The Human Being is a wonderful mystery, the more we know about this mystery the more we realize how little we know. This only impels us to look further, to explore deeper, and to investigate in newer ways. It is a joy to know ourselves and others, to actualize more of our infinite possibilities, and to extend our humanity to it's farthest horizons.”

- A.H. Almaas

The Diamond Approach ~ www.diamondapproach.org
A path that engages and leads to the discovery, development & preservation of the Human Essence.

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