



THE DIAMOND APPROACH® IN MONTREAL

INQUIRY & THE HEART

A Diamond Approach Seminar Open to the Public and Existing Students

The Diamond Approach is a teaching 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 adapt to some ideal, but welcomes people as they are and helps them to take the natural next step for their unique development.

In this 2-day retreat we will explore the inner flame. We will look at how it guides our heart on its inner journey. What dampens this inner fire and what can unleash our passion for truth? We will explore how working with self-inquiry and the practice of presence can open our heart and fuel our flame. The retreat will include evocative teachings, meditation, experiential & body-based practices and self-inquiry. The teaching is presented in English, the experiential explorations may be done in French with other French speaking attendees.

DATES: **Friday, April 10th**
10:00am to 5:30pm
(sign-in begins at 9am)

Saturday, April 11th
10:00am to 5:30pm

LOCATION: **Centre St-Pierre**
1212, rue Panet ~ Room 200
Montréal, Québec H2L 2Y7

COST: \$300

TEACHER: Lisa Barrett

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

ADDITIONAL DATES 2020:
Ottawa, April 16, 17, 18, 19
Ottawa, June 25, 26, 27, 28
Ottawa, Oct. 29, 30, 31, Nov. 1

UPCOMING DIAMOND APPROACH OTTAWA RETREAT

THE JOY OF DISCOVERY

April 16, 17, 18, 19th ~ Saint Paul University, Room L-120 ~ Information/Registration contact Lisa Barrett

Please visit www.diamondapproach.org to learn more about the Diamond Approach.
A path that engages and leads to the discovery, development & preservation of the Human Essence.