



DIAMOND APPROACH® OTTAWA MONTREAL

ORIENTATION TO THE DIAMOND APPROACH

6 ONLINE MONTHLY CLASSES

You are invited to participate with the Diamond Approach Ottawa Montreal (DAOM) community in a 6-month program (1x per month) studying the “Orientation to the Diamond Approach.” This series begins an exploration into the foundational teachings of the Diamond Approach: learning to live from our personal presence, exploring essence, and working with the inner critic. The course will include meditation, self-inquiry, body-based sensing practices, and the opportunity to have a “mini session” with a Diamond Approach teacher. This is a gentle yet thorough way to dip into this valuable inner work.

TEACHERS: Lisa Barrett & Milia Ahu

DATES:

- January 30th
- February 20th
- March 13th
- April 3rd
- May 1st
- June 5th

TIME: 2:00pm to 5:00pm EST

COST: \$480.25 CAD tax incl. or \$380 USD for entire course, classes not offered individually

INFORMATION / REGISTRATION:
Lisa Barrett, 2simplybeing@gmail.com

ADDITIONAL UPCOMING EVENTS:

Book Study Group ~ *The Unfolding Now* by A.H. Almaas

Dates: January 17th & 31st, February 14th & 28th,
March 14th & 28th, April 11th

Time: 4:00pm EST

Cost: \$175 USD for 7 online meetings

Teachers: Eme Le Cavalier, Padma Roy and Shah Allard

Information/Registration: emelecavalier@gmail.com
padmasylviedha@aol.com

2021 ONLINE DAOM GROUP RETREATS

- February 5th thru 7th
- April 14th thru 18th
- June 23rd thru 27th
- September 22nd thru 26th

“Essence is not an object we find within ourselves; it is the true nature of who we are when we are relaxed and authentic, when we are not pretending to be one way or another, consciously or unconsciously. Essence is the truth of our very presence...”

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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