

# The 3 Centers of Embodied Spirituality

## ~ Head, Heart, Belly (Hara) ~



### A Diamond Approach® Workshop

Embodied spirituality means that you fully experience your spiritual nature, and express it in your life in the world. Part of the required work is clarifying and awakening the 3 subtle centers of the head, heart, and belly. This 1.5-day workshop will introduce participants to the Diamond Approach, a modern path of transformational spiritual development.

Taught in English. Suitable for both native speakers and Japanese who speak a moderate level of English. Advanced registration is required.

Saturday October 26 / 10月26日 (土) 10:00-17:30

and

Sunday October 27 / 10月27日 (日) 10:00-13:00

Tokyo - Minami Aoyama 東京 - 南青山

More information and registration details at  
[www.DiamondApproachTeacher.com](http://www.DiamondApproachTeacher.com)