

# Diamond Approach

## Day of Practice

Watertown Center for Healing Arts, 22 Mt Auburn St, Watertown, MA

Sunday, March 18, 2017  
9:30am - 5:00 pm



### *In this class you will:*

- Learn how these practices support inner realization, and are essential for bringing that realization into daily living
- Gain insight into common barriers and challenges that limit the effectiveness of these practices.
- Learn how to bring these practices into your daily life in a practical way.

*This class is appropriate for both current students of the Diamond Approach, and people new to the work.*

*Study the three  
fundamental practices  
of the Diamond  
Approach:*

**Meditation**

**Sensing, Looking,  
and Listening**

**Inquiry**

*Diamond Approach Teachers:*  
Greg Knight and Elizabeth Slayton

*For more information*  
Contact Elizabeth at  
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*To Register:*  
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