

Amherst Diamond Approach® “ADA”

The Compassionate Heart

September 7-8, 2019

Hampshire College, Franklin Patterson Hall, Faculty Lounge
893 West Street, Amherst, MA 01002

10:00 AM – 7:30 PM Saturday

9:30 AM – 4:30 PM Sunday

teacher: Leah Chyten



Nothing transforms without being understood, welcomed, and loved. Compassion is the quality that allows this to happen. It invites us to be with ourselves and with others in our deepest states of vulnerability. We continue our exploration of compassion, which our hearts naturally respond to, with attuned and empathic kindness to our own pain and the pain of others.

2019 Dates

Sept 7-8 2019

FINAL 2019 Dates Nov 2-3

2020 Dates

Jan 18-19 2020

April 4-5 2020

June 6-7 2020

Sept 12-13 2020

Nov 7-8 2020

The Diamond Approach® is a journey toward uncovering the essence of who we really are beneath all the layers of social conditioning and cultural expectations. Its aim is to discover the deepest truth of what it means to be human.

For more information email: parvati285@gmail.com or visit www.diamondapproach.org

To register, make check payable to: Leah Chyten and mail to Parvati Grais

45 Round Hills Road, Amherst, MA 01002

\$230 / \$210 If postmarked by August 17, 2019



REGISTRATION

Name: _____

City: _____ State: _____

Phone: _____ Email: _____