

Diamond Approach[®] *Weekends*

Charlottesville, VA / Washington, DC

Opening Your Heart To Where You Are

The heart's longing for freedom is innate to human experience. The Diamond Approach, developed by Hameed Ali (A. H. Almaas), is a contemporary path of spiritual realization that responds to this longing using methods both ancient and modern. Authentic spiritual insight together with contemporary understanding of the psyche, enable us to address the obstacles to realization unique to our time, place, culture and personality.

The practice of inquiry, using our heart, mind and body, is central to this teaching. By opening to our direct experience in any given moment, whatever we find (regardless of whether it meets our expectations or ideals), we move ever closer to an authentic sense of ourselves and find unexpected doorways into the depth of our deepest nature.

WORKSHOP DATES:

Charlottesville, VA | Washington, DC
October 2-3, 2010 | **October 9-10, 2010**

TEACHER:

Victoria Young, PhD, has studied the Diamond Approach since 1993 and is an ordained teacher. She works with Diamond Approach groups and individual students in California, Atlanta, GA, and Italy. Victoria lives in San Rafael, CA.

FEES:

If paid by Sept 4th: \$150
Paid after Sept 4th: \$175

FORMAT:

10 am to 5:30 pm. Lunch break: 1½ hours.
These introductory weekends will include teachings, sitting and moving meditation practices, experiential exercises, and inquiry.

www.ridhwan.org

For more information and to register, contact Victoria Young:

victoriapyoung@gmail.com / 415-482-9200.

