



# ANNOUNCING THE FORMATION OF A NEW DIAMOND HEART RETREAT GROUP LED BY SANDRA MAITRI & JOYCE LYKE

**In response to Sandra's keynote speech at the recent International Enneagram Association Conference on the transformative practice of the Diamond Approach, a great deal of interest was expressed. She decided to form a new retreat group, which will be co-led by her long-time colleague, Joyce Lyke. It will be part of the Ridhwan School, the home of the Diamond Approach.**

## **THE TEACHING**

The orientation of this group is the shifting over time of one's identity and sense of self from the personality or ego to one's deeper and ultimate nature—Being. Just as important is the integration of this experiential knowledge, such that one's life becomes a lived and fulfilling expression of our realization. In the contemporary spiritual path of Diamond Approach, this becomes possible through bridging traditional divisions between the sacred and the mundane, the spiritual and the worldly, inner realization and our psychology. While utilizing elements from depth psychology, the enneagram where applicable, and traditional spiritual knowledge and practices, it is a new method for engaging in the process of radical personal transformation.

The format of the group will include presentations of the teaching, personal inquiries done with others, private inquiry sessions with assisting teachers, process groups, and movement exercises. Through these different modalities, students will be exploring themselves in a deep and experiential way. Because the teaching builds on itself, it is expected that students will participate in all retreats. Please note that the enneagram will be a subset of this work and not the central subject.

## **WHERE, WHEN & HOW MUCH**

The group will meet twice a year for 7-day retreats in San Jose, California. It will be held at Dolce Hayes Mansion, a spacious and elegant venue with excellent food, catering to a wide variety of dietary needs. Dolce Hayes is close to the San Jose Airport.

Tuition for the retreat is \$1165 per person, which includes one private session.

Additional private sessions may be arranged for \$100 each.

Room and board are \$212.20 per night for a single room (\$1485.40 total)

and \$159.49 per night for a double room (\$1116.43 total.)



## THE TEACHERS



**Joyce Lyke** has been teaching the Diamond Approach for 25 years. She has been a lead presenting teacher for on-going Diamond Approach groups in Canada, the US, UK, and Europe. She is a supervising teacher responsible for training new teachers. Prior to her 35 years as a Ridhwan student, she lived and worked for 15 years at Esalen Institute in Big Sur. During those years she had extensive training in bodywork, somatic psychology, and various movement practices. She was one of the few Gestalt teachers leading workshops in Gestalt and Gestalt Dream work in the 1980's. She also led wilderness workshops that included shamanic practices. She is a wife, mother and grandmother.



**Sandra Maitri** has been a Diamond Approach teacher for 29 years. She leads groups in the San Francisco Bay Area and in the United Kingdom. In the early seventies, she was a student of Claudio Naranjo, MD, in his original SAT group along with Hameed Ali (A.H. Almaas), founder of the Diamond Approach. She has studied with various Eastern and Western spiritual and psychological teachers, focusing especially on Insight and Tibetan Buddhist meditation. She is the author of *The Spiritual Dimension of the Enneagram: Nine Faces of the Soul*, and *The Enneagram of Passions and Virtues: Finding the Way Home*. In her spare time, she paints and writes.

## HOW TO APPLY

If you would like to apply for the group, send an email to [maitrayana@icloud.com](mailto:maitrayana@icloud.com). We will then send you an in-depth application to complete. Once we have reviewed your application, we will contact you to let you know whether we have any further questions or to let you know that from the information you provided, whether it appears that the group will be of benefit to you at this time. If you are accepted into the group, we will ask for a \$300 deposit to reserve your place. There is another Diamond Approach group forming in the Bay Area this year. Out of respect for that group, those interested from the local Bay Area are not eligible to apply to this retreat group. Local students will need to apply to DH10, which is a weekend group.

## FURTHER INFORMATION

If you have any questions or need any clarifications, send an email to the address above and our retreat administrator will get in touch with you.