

28th May - 1st June 2012

Enneagram 1: My Personality

Enneagram 2: My Relationships

1: An introduction to the Enneagram for those with little or no prior knowledge, this workshop will include:

- The history and development of the Enneagram
- A grounding and in-depth understanding of the system
- Self-identification of Type through panels, interviews, reflection and meditation
- Introduction to sub-types
- Helps and hindrances on the spiritual path

2: This workshop looks at:

- The three sub-types: these are characteristics and instinctive patterns of behaviour for each type which show how we put our mental fixation and emotional passion out into the world
- Our stress point (when we feel at risk) and security point (when things are going well)
- The wings: the influence of the types on either side of our own
- Our spiritual path

Led by Ann O'Sullivan & Michael Healy

Cost: £290/£220 non-residential

Time: 6.30pm Monday with supper (workshop: 8.00pm)

Finish after lunch Friday.