

Listen to your Inner Child 1

Friday 30 April – Sunday 2 May
or **Friday 17-Sunday 19 September 2010**

Led by Ebba From

An in-depth workshop where we will work, inspired by Sandra Maitri's book *The Spiritual Dimension of the Enneagram*, on the theme of the Soul Child, which we touch in the workshop Enneagram 4: Resources for my Journey.

In this workshop we will deepen our understanding of our inner "lost" child. We will learn how to address our most intimate self and get into contact with the part of us that yearns for healing and wholeness. The workshop is for those who want a deeper understanding of themselves and the essence we lost when growing up. This is the time for you to travel back and embrace your lonely, neglected child and to start the healing conversation with your Soul Child. The workshop can bring up deep and turbulent emotions, often followed by a release after this encounter, so it is important to be prepared for this.

Together we will explore the magic of sharing, drawing, music and guided meditations. **Please bring photos of yourself aged about 4 – 10 and maybe your most loved toy.**

Due to the deep work there will only be space for a maximum of 10-12 participants. It will be helpful for yourself and the facilitator if you have some knowledge of your own space on the Enneagram, your security point and maybe some familiarity with the theme of the Soul Child. If not, join in anyway...

You will be guided and facilitated through this process by **Ebba From**, a Danish Diploma Psychotherapist (1983) and trainer with in excess of twenty years' experience in workshops and adult education. She has been in private practice in Denmark for over fifteen years, where she also works as an experienced Couple Counsellor using "The Art of Dialogue" and the Enneagram as foundations for her work. Through studying Jungian Studies at University of Aarhus/Denmark, Gestalttherapy training with Natasha Mann, USA and studies at Emerson College, UK, Ebba has gathered knowledge of human life and the soul seen through different aspects of psychology. She also trained with Helen Palmer, David Daniels and Peter O'Hanrahan and qualified as a Professional Teacher of the Enneagram in 1999. She has been connected to Emmaus House for several years as part of the Enneagram team and, through support and co-teaching with Ann O'Sullivan, developed her own workshops and retreats based on the Enneagram, combining her psychological knowledge, experience, compassion and deep respect for the human soul and spirit.

Ebba can be contacted at ebba.from@get2net.dk

This workshop will be followed by an "Inner Child 2" workshop where we will look at the age range from 10 years into adolescence.

Time: 6.30 pm on Friday with supper - after lunch on Sunday

Cost: £195 residential/£160 non-residential