

## ABOUT THE WORKSHOP:

The **Enneagram** is a comprehensive system that articulates the attentional style, thought, feeling, and behavior of nine fundamentally different types of personality.

It is our **Inner Observer** that witnesses our type structure in action. The Inner Observer illuminates a conscious awareness of our personality patterns, thus allowing development of authentic spirituality and psychological wholeness.

Recent studies in **Neuroscience** validate our capacity for development of the inner observer. With scientific confirmation, Helen Palmer teaches us to engage our Inner Observer through meditation, guided imagery, didactics, Enneagram type panels and point groups that enhance our capacity for receptivity.

This workshop is designed to deepen our innate spiritual capacities and to encourage contemplative practices for spiritual growth, ultimately opening our capacity for curiosity, mindfulness, acceptance, and love.

### Accommodations

Overnight accommodations are available at:

#### **Silver Cloud Inn—University**

<http://www.silvercloud.com/university/>

#### **Travel Lodge Seattle —University**

<http://www.travelodge.com/hotels/washington/seattle/travelodge-seattle-university/hotel-overview>

#### **Talaris Conference Center**

<http://www.talarisconferencecenter.com/accommodations.php>

Enneagram in Seattle  
4580 Klahanie Dr. SE #503  
Issaquah, WA 98029

# The Inner Observer Where Neuroscience, the Enneagram and Spiritual Practice Meet

## Helen Palmer

and speakers for the Nine Personality Types



May 19 & 20, 2012

9:00 am - 5:00 pm

*University of Washington Botanic Gardens  
NHS Hall  
3501 Northeast 41st Street  
Seattle, WA*

*Co-Sponsored by:  
Enneagram in Seattle  
Vision Point Associates  
Enneagram Studies in the Narrative Tradition  
EnneagramWorldwide.com*

## About Helen Palmer

Helen Palmer is a teacher of psychology and intuition. She has authored five books on the literature of consciousness, including two international bestsellers on the Enneagram topic, which appear in 19 foreign translations. Her Enneagram books alone have sold over half a million copies worldwide, and are the subject of a 2001 public television documentary "Breaking Out of the Box: Discovering the Enneagram." Together with David Daniels, MD, she founded Enneagram Studies in the Narrative Tradition, an organization that reflects her commitment to integrating personal and spiritual realities.

For more information visit:

<http://enneagram.com> &  
[www.enneagramworldwide.com](http://www.enneagramworldwide.com)

## ENNEAGRAM IN SEATTLE

(co-founded by Donna Frindt & N'Shama Sterling)

- Monthly Enneagram Study Groups
- Educational Programs and Workshops
- Individual Typing Interviews
- Enneagram Coaching Sessions
- Information on Enneagram Activities and Classes in the Seattle Area

Donna and N'Shama are certified Enneagram teachers through the Enneagram Professional Training Program, founded by Helen Palmer and Dr. David Daniels. They are co-founders of Enneagram in Seattle, bringing the Narrative Tradition to the broader Seattle community.



<http://www.facebook.com/enneagraminseattle>

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## Workshop Schedule

Saturday, May 19

8:30-9am Registration  
9am-12 noon Morning Session  
12 -1: 30 pm Lunch on own  
1:30 – 5 pm Afternoon Session

Sunday, May 20

8:30-9am Registration  
9-12 noon Morning Session  
12 -1:30 pm Lunch on own  
1:30 – 5 pm Afternoon Session

For more information call or e-mail:  
Donna Frindt  
[enneagraminseattle@gmail.com](mailto:enneagraminseattle@gmail.com) or  
206-947-3060

CEUs will be available through our  
co-sponsor :

VISION POINT ASSOCIATES  
Carol Ruth Summers & Renie Hope  
<http://www.enneagramseattle.com>

Enneagram in Clinical Practice  
Workshops / Customized trainings

## CEUs

This workshop has been approved for 14 hours of Continuing Education Units by NASW, Washington Chapter, Provider number #1975-112.

Marriage and Family Therapists  
Clinical Social Workers  
Mental Health Counselors

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_

Work Phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Enneagram Type (if known) \_\_\_\_\_

Enneagram Subtype (if known) \_\_\_\_\_

Willing to be on panel? Y ES \_\_\_\_\_ NO \_\_\_\_\_

**FEES - \$240 per person**

**CEU Fee - \$15 per person**

**Registration closes on Friday, May 11th**

Make checks payable to:

**Donna Frindt**

Detach registration form and  
mail with your check to:

**Donna Frindt**

**4580 Klahanie Dr. SE #503  
Issaquah, WA 98029**

**If you would like to pay by credit card PayPal is  
available. Please email Donna to arrange.**

*Your cancelled check or PayPal receipt is your receipt  
and workshop confirmation. No other confirmations  
will be sent.*

*Lunch is on your own. There are many places to eat  
nearby or you can bring a bag lunch. Coffee and tea  
will be provided.*

*Those applying for CEUs will meet over lunch on Sunday  
with Vision Point Associates. Please bring your own  
lunch on that day.*