

Dates and Time:

3pm Friday, February 15, 2008 through

3pm Monday, February 18

Fee per person:

\$525 double occupancy for 3 nights accommodations at the Franciscan Renewal Center

\$450 commuter

Fee includes and all meals and refreshments in addition to the program.

Location: Franciscan Renewal Center

5802 E. Lincoln Drive

Scottsdale, Arizona.

480 948-7460/800 356-3247

The Center is located on 23 acres of beautiful desert land. There are walking paths, a healing garden, labyrinth, meditation chapel and whirlpool available for your use. All sleeping rooms have private baths. Take a virtual tour at www.thecasa.org

Continuing Education Credits

There are 26 CEU hours available through the California Board of Behavioral Sciences for participation in this program

David Daniels, M.D., a leading developer of the Enneagram, is Clinical Professor, Department of Psychiatry and Behavioral Sciences, Stanford Medical School. Dr. Daniels maintained a private psychiatric practice in Palo Alto for

over 30 years and is a long-time teacher of the Enneagram. Together with Helen Palmer, he pioneered the Enneagram Professional Training Program. Since 1988, Dr. Daniels has well over a thousand professionals in the use of the Enneagram through this intensive training program designed to bring high-quality Enneagram knowledge to individuals working in fields ranging from business to psychology

Santikaro was ordained as a Theravada Buddhist monk in Thailand 1985 after having served there with the Peace Corps. He led meditation retreats for many years and served as the abbot of a monastery before returning to Midwestern USA in 2001. In 2004 he retired from formal monastic life but continues to teach in the Buddhist tradition with an emphasis on the early Pali sources. He is the founder of Liberation Park, a modern American expression of Buddhist practice, study, and social responsibility within community. Santikaro is also an Enneagram teacher who trained with Helen Palmer and David Daniels.

Carole Whittaker, PhD is certified as an Enneagram teacher in the narrative tradition with Helen Palmer and David Daniels. She is the coordinator for the Enneagram curriculum at the Franciscan Renewal Center where she teaches classes in Christian spirituality and contemplative prayer as well as the Enneagram.

The Enneagram & Mindfulness

A workshop-retreat

with

*David Daniels, MD
Santikaro*

&

Carole Whittaker, PhD

February 15-18, 2008

at the

*Franciscan Renewal Center
Scottsdale, Arizona*

Registration Form
The Enneagram & Mindfulness
David Daniels, MD, Santikaro & Carole Whittaker
February 15-18, 2008

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Email: _____

Home phone: () _____

Work phone: () _____

Enneagram Type (if known): _____

Fees:
Double occupancy \$525 _____
Commuter \$450 _____

Share a room with : _____

Special room request: _____

Method of payment:
Cash Check No. _____
Visa Master Card

Credit Card No. Exp Date

Please send with your check payable to :
Franciscan Renewal Center
5802 E. Lincoln Drive, Scottsdale, AZ 85253
(480) 948-7460; (800) 356-3247 Ext. 157

Cancellations received 7 days prior will be charged a \$10 processing fee. Cancellations received thereafter are subject to full forfeiture. Your confirmation will be your cancelled check or credit card charge slip.

The Enneagram and Mindfulness

Join these outstanding teachers in exploring for yourself how these paths of sacred knowledge can deepen your capacity to live with greater wisdom and compassion and with greater freedom from habitual patterns.

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The Enneagram is a profound spiritual/psychological system based on nine fundamental ways that attention and energy are organized. The resulting nine habitual patterns keep us caught in repetitive and limited ways of thinking, feeling and sensing. Understanding our Enneagram type helps in freeing attention and energy from our habitual patterns.

Mindfulness is the human capacity to pay attention and be fully aware of life as it unfolds within and around us. Ways of cultivating mindfulness are as diverse as the activities of our lives, including being present to breathing, physical movement, emotion and the personality habits of attention, thinking and feeling. Observed in nonjudgmental awareness, these habitual processes begin to relax and unravel, opening awareness to higher potentials and deeper spiritual understanding.

Each morning of our time together will be a “mini-retreat” of Mindfulness practice, with instructions in sitting and movement meditation. For the rest of the day we will explore the path of development for each of the Enneagram types emphasizing inner reflection, type specific exercises, panel work and specific practices as antidotes. Participants will be encouraged to keep silence throughout the retreat outside of the time for formal Enneagram process work.

Participants should have at least a basic understanding of the Enneagram in order to participate in this program. Wear loose-fitting clothing and comfortable shoes. Please bring a sitting cushion if you use one. Chairs will also be available.