

Growing Ourselves in

HEALTHY RELATIONSHIPS:

SUPPORTING OUR INHERENT VIRTUES

February 21-23, 2014 Montreat Conference Center, Black Mountain, NC

Friday, 7pm - Sunday, 4pm

Guided Relationship Interactions Type Groups Yoga Writing Self-reflection

RETREAT FACILITATORS



David Daniels, MD



Sandra Smith, M.Div



Mary Powers, ERYT 500



John Amen, MA

The emotional maturity required to sustain and nourish dynamic relationships is founded on a willingness to remain aware, honest, and intimate *with ourselves*. Being connected to self *and* available to others allows our inherent virtues to fully emerge. Healthy relationships evolve when we can be present to the full range of our experiences - within ourselves and with others. We can then choose to be receptive, not reactive, and offer curiosity rather than judgment.

For many of us, *why* relationships work or don't work remains a mystery. We find ourselves repeating patterns that limit our potential. In this exploratory retreat, we'll use the Enneagram system to mine virtues that are a part of each of us, strengthening ourselves and our primary relationships. Through guided interactions we'll also experience or witness, by type, the focus of attention, world view and false-core driver of the personalities. We'll discuss the ways we overprotect our hearts as well as the gifts we bring to others and the world.

Additionally, participants will have opportunities for

- Self-reflection through writing exercises as a way of deepening self-awareness
- Gentle movement, breath work and meditation designed specifically for each type, to enhance the navigational dynamics of day-to-day life - suitable for all levels
- Solitary time to define relational intentions and more deeply claim the gifts of who you are and what you have to offer

FACILITATORS

David Daniels, MD, is an international teacher of the Enneagram and former Clinical Professor, Department of Psychiatry and Behavioral Sciences at Stanford Medical School. He co-authored *The Essential Enneagram*.

Sandra Smith, M.Div. teaches the Enneagram throughout the US and works with individuals and organizations as an Enneagram consultant and spiritual companion. Sandra is mentor for candidates for certification in the Enneagram Professional Training Program (EPTP) founded by Helen Palmer and David Daniels, MD.

Mary Powers, ERYT, offers yoga workshops regionally to encourage equanimity and ease in the face of strong emotions such as anger, grief or disappointment. She is a certified Enneagram consultant in Charlotte, NC.

John Amen, MA, is the author of four books of poetry and editor of *The Pedestal Magazine*. He travels widely giving readings and teaching writing workshops. He is a certified Enneagram consultant.

NOTE: This retreat is open to singles, couples and groups and requires a working knowledge of the Enneagram. We honor diversity in relationship. If possible please *bring your yoga mat and block and a journal/pen or notebook*, and remember to dress comfortably!

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REGISTRATION FORM

Tuition/Single Room: \$430 After Feb 1: \$470 Tuition/Shared Room: \$350 After Feb 1: \$390

Includes workshop materials, Fri/Sat lodging, all Sat meals, Sun breakfast & lunch

Tuition/Commuter: \$250 After Feb 1: \$290 *Includes workshop materials, Sat/Sun lunch & dinner*

Name(s):

1. _____ Email: _____

2. _____ Email: _____

Address _____ City _____ State/Zip _____

Phone: _____ Person 1 Enneagram Type _____ Person 2 Enneagram Type _____

Dietary Restrictions? Person 1 _____

Person 2 _____

Total Amount enclosed: \$ _____

I am _____ (indicate number of mats _____) Am not _____ bringing a yoga mat (please check one)

Mail completed registration form with check payable to AlchemyWorks to:

AlchemyWorks
PO Box 1419
Skyland, NC 28776

