

# The Enneagram Series - *for those Familiar*



## Enneagram

The Enneagram is a nine-point diagram that refers to nine basic personality types with distinct patterns of thinking, feeling and acting. This ancient tool can be used for personal and relational transformation.

### The Contemplative Enneagram Group

**Mondays, January 7 & February 4, 2013, 7:00-9:00 p.m.**

This group is for those who know their Enneagram scores for all nine styles and who want to reflect on and explore their unique Enneagram profile. We believe that the Enneagram is a tool that can be used by the Spirit to bring about personal and relationship transformation when we take the time to notice, listen and respond. These sessions offer an initial exploration of how combining contemplative practices with our knowledge of the Enneagram can open doors to transformation. Each time we gather, there will be a teaching on some aspect of the Enneagram and then a series of guided, reflective experiences which provide a setting and structure in which we can go deeper with our individual work. Bring a journal and pen.

*Facilitators: Joanna Quintrell, spiritual director and other Enneagram teachers/facilitators*  
**Cost: \$15 per person, \$25 per couple (two people who attend together)**

### Quarterly Enneagram Guest Teacher Workshop:

#### The Key to Freedom: Unlocking Enneagram Defense Systems

**Saturday, February 16, 2013, 10:00 a.m. - 4:00 p.m.**

*(bring your own lunch or plan to go out for lunch)*

The Enneagram describes nine character structures with a key aspect being our defense system. This system is composed of the Idealization (what we think we are), the Avoidance (what we don't want to be), and the Defense Mechanism (our strategy for avoiding the present). These three things keep us stuck in our fixation, passion, and habits. In this workshop, we'll explore these components and how we can work with them to create more space within ourselves to be more present. The highly interactive format will include brief didactic, dyads, type groups, and large group formats.

*Facilitator: Matt Ahrens, MBA, is a Certified Enneagram Teacher and is a consultant specializing in the application of the Enneagram personality system for team building, leadership, and organizational cultural transformation.*

**Cost: \$40 per person (24 people maximum)**



This group and workshop are held at the Journey Center (1601 4th St.) in Santa Rosa.

For more information or to register, see our website at [www.journeycenter.org](http://www.journeycenter.org) or call The Journey Center at

**707-578-2121.**

