



*Discover the unique
person God made
you to be!*

Taste of the Enneagram

*Mondays, January 25 and
February 29, 7:30–8:30 p.m.*

Once a month, we gather to take a taste of the Enneagram—we select some aspect of the Enneagram system and take a 'bite' to see what it has to offer us about ourselves and others.

Groups are drop-in, though we ask you to please be considerate and register in advance if you can. Come and get to know and become a part of our Enneagram community!

Facilitator: Alexandra Montoya facilitates this group, as well as invited Guest Hosts who come to set a plate before us of their particular delicacy and mix of spices within the Enneagram. Cost: \$10 per session.

*en*theos Enneagram coaching with Alexandra*

*Individual or group appointments
available, flexible scheduling*

*en*theos = two Greek words meaning "God within...in God...enthusiasm...freedom." en*theos is private coaching using the tool of the Enneagram as a foundation. Alexandra approaches the Enneagram from a spiritual perspective and it is her joy to journey with you towards a more expansive, truer, freer way of being, in which you live your life with more awareness, flexibility, freedom, effectiveness and joy.*

Facilitator: Alexandra Montoya, MA, MHC, is a spiritual director with the Journey Center. Contact her at 707-575-9075 or alexandra.lady44@gmail.com.

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