



The Enneagram Discovery Weekend Workshops

25-26 September 2010

*Enneagram Discovery '3D' Weekend
The Enneagram Triadic + Dimensions*

23-24 October 2010

*Enneagram Discovery 'MA' Weekend
The Enneagram Matrix + Alchemy*

Facilitated by

Grahame Morgan-Watson

Enneagram Discovery '3D' Weekend

The Enneagram Triadic 25 Sep 2010

This workshop opens and connects us with our three centres of intelligence. We see how each of the nine domains represent a disconnect and distortion of from true nature.

All nine domains are within us, and accessible to us when we bring balance and harmony to our mind, body and spirit. To experience the real qualities of our being requires attention, kindness and compassion to our personal fears, disappointments and defences.

This workshop day includes sensing and meditation to personally experience each centre, enquiry, discussions and music.

Sat 25 Sep 2010 , 10:00 to 4:30 pm with morning and afternoon breaks and 45 minute lunch break.
Tea/Coffee provided.

The Enneagram Dimensions 26 Sep 2010

The Levels of Development is the corner stone of the Riso-Hudson Insight Approach. Along with the Directions of stress and Integration , this workshop reveals their importance in determining your dominant Enneagram type.

We see how coming to know our 'centre of gravity' within the Enneagram Levels of Development, can be a useful measure of our capacity to stay present and free from habitual reactivity.

This workshop day includes exercises, movement, music and enquiry to help participants explore their own understanding of the psycho-spiritual continuum.

Sun 26 Sep 2010, 10:00 to 4:30 pm with morning and afternoon breaks and 45 minute lunch break.
Tea/Coffee provided

Enneagram Discovery 'MA' Weekend

The Enneagram Matrix 23 Oct 2010

In this workshop we explore two correlations within the nine types that can lead to misidentification. The Hornevian group reveals the social styles of each domain and what takes us away from being fully present to other people in our lives. The Harmonics group helps us understand how we can avoid potential conflict and improve relationships.

This workshop day includes individual enquiry and group exercises, as well as music, mediation and some movement Handouts provided.

Sat 23 Oct 2010, 10:00 to 4:30 pm with morning and afternoon breaks and 45 minute lunch break.
Tea/Coffee provided.

The Enneagram Alchemy 24 Oct 2010

The Passions and Virtues have been the foundation of the traditional Enneagram teachings. There is an Alchemic process for transforming our consciousness from lead to gold.

In this workshop we work with these two dynamics to help participants understand the significance of using the Enneagram in your personal growth and transformation.

This workshop day includes enquiry, observance , and music to help participants understand these energies for themselves.

Sun 24 Oct 2010, 10:00 to 4:30 pm with morning and afternoon breaks and 45 minute lunch break.
Tea/Coffee provided.

The Enneagram Discovery Weekend Workshops Series

We are often mystified by the behaviours or attitudes of other people. We may even surprise ourselves, when we do or say something that we consider to be out of character. The desire to understand ourselves and others can arise from such occasions. The personal benefit can be to avoid conflicts and habitual reactions that we later regret or cause stress.

The Enneagram Discovery Weekends are designed to help you understand the Riso-Hudson approach and how to find your dominant Enneagram type.

We explore how knowing your type and working with the Enneagram can enhance your life and personal relationships. Different aspects of the nine domains will be explored in each workshop

The workshops can be attended in any order.

25-26 September 2010

**Enneagram Discovery '3D' Weekend
The Enneagram Triadic + Dimensions
Extended £99. before 12th Sep '10**

23-24 October 2010

**Enneagram Discovery 'MA' Weekend
The Enneagram Matrix + Alchemy
£99. before 1st Oct '10**

Workshops start at 10:00 am and end 4:30 pm

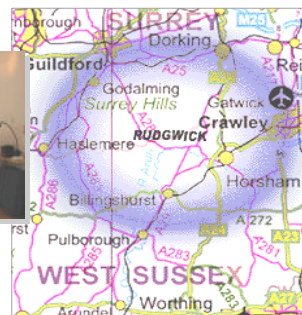
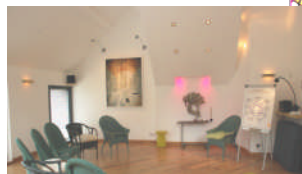
The Cost of each workshop is £150

Early Bird Price of £99.

5% discount for two places or two workshops.

Call 01403 823283 to book

Venue:



The Vault is our exclusive private room, especially designed to host our work of Enneagram Workshops, Coaching, Feldenkrais Method, Vocal Awareness and NLP .

The maximum workshop capacity is nine people, and participants will be welcome to enjoy our garden during rest and refreshment periods.

Accommodation choices are available on our web site : www.metame.co.uk/hotels_and_directions_to_venues.htm
Participants will be sent full directions prior to attending.



Founder Grahame Morgan-Watson is a INLPTA certified trainer of Neuro-linguistic Programming (NLP), A Certified Consultant and Trainer of Language And Behaviour (LAB) Profile, a Riso-Hudson certified Enneagram teacher (Hons) and a Graduate of the Feldenkrais Method®; Awareness Through Movement Teacher and Functional Integration Practitioner.

The Enneagram Institutesm Network—Southern England

MetaMe
a triadic approach to well being

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Booking Form and Policy

The Enneagram Discovery Workshops

Workshop and Dates you are booking for;

Name

House

Address

County

Town

Post Code

Home Telephone

Mobile Telephone

Email

Please provide contact information for additional delegates

Booking Policy

A deposit equivalent to 50% of the workshop fee is required when you register. Early Bird Payments must be paid in full before the date shown. Only bookings made with a deposit will be deemed as secure and places will remain open until such time as a deposit has been received. **The full balance is then due one month before the start of the Workshop.**

Deposits for workshops are fully refundable up to 2 weeks before the start less an Administration Fee of £15. Cancellations made from 14 days before the start of a workshop result in the loss of the entire deposit. Transfers from one Workshop to another one month (31days) or more before the start of a Workshop will be made for the £15. Administration Fee. If for any reason MetaMe have to cancel the workshop, all deposits and administration fees will be returned in full. This would not normally happen within two weeks prior to commencement. Whilst every effort will be made to ensure delegates are kept informed of the possibility of cancellations, MetaMe cannot be held responsible for any additional losses incurred by participants as a result of having to cancel a workshop. The full name and address of every participant is required for attendance.

Cheques Payable to METAME.

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