

SACRED CIRCLE RETREAT:

THE DANCE OF EGO AND ESSENTIAL SELF

SATURDAY, FEB. 9, 2019

9:00 a.m. – 3:00 p.m. • Lunch provided

Enneagram • Sound Bath • Drum Circle

The Enneagram is a powerful tool to look at 9 distinct personality strategies of how we humans cope in relationships, work & world. We will join in a circle to focus on different topics to include vice/virtue, blind spots, habits of mind and more. You will have the opportunity to learn and reflect upon internal motivations and focus of attention and be invited to shift your pattern of thinking, feeling and acting in the world. For some this is fairly easy and straightforward, for others it takes time, space and further discernment. All will be welcomed and honored in our circle.

Throughout the day we will be taking several “sound breaks” to allow us to relax, process, energize and connect. Sound healing has a history that dates back thousands of years ago and has been used in various cultures for healing, wellness and celebration. We will experience a sound bath, participate in a drum circle, and take part in grounding breath work and creative movement, which will engage body, mind and spirit in this day of self-discovery.

LOCATION:

Edgeworth Park
5501 Discovery Park Boulevard
Williamsburg, VA 23188
**downstairs conference room

COST:

PWN Members \$45
Non-members \$60

SPACE LIMITED • Register TODAY
Susan Harmon – sbh91511@gmail.com

Retreat Leaders:



Carol Hovis

Asheville, NC

Carol is a Presbyterian minister, spiritual director and certified enneagram teacher with Enneagram Studies in the Narrative Tradition (ESNT).



Sandy Layman

Williamsburg, VA

Sandy is an educator, yoga teacher, musician and holistic wellness coach who specializes in the synchronicity of sound, breath and movement to eliminate dis-ease.