



Presented by Enneagram Studies in the Narrative Tradition
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Enneagram In Seattle
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Coming to Seattle!

ENNEAGRAM AND SOMATIC AWARENESS PRACTICE Using Body Intelligence to Relax Type Structure

with Terry Saracino and Marion Gilbert

April 18-19, 2015, 9:30 am - 5:30 pm



"Terry and Marion's workshop on somatic wisdom is simply excellent! It is filled with practical exercises as well as deeper understanding of the centrality of the body center in human experience."

- Carole Whittaker, Spiritual Director, Founding Board Member, Arizona Enneagram Association

At the heart of our work with the Enneagram is the process of increasing awareness of ourselves— how and why we react or overreact to life and where this is experienced. A critical part of that awareness is the “felt sense” in the body. By listening to the body we can access these operating patterns at their roots. This enables us to free ourselves from automatically following these impulses and re-enacting our type patterns.

Marion and Terry will show you how to skillfully use the Somatic Awareness Practice to strengthen your capacity to stay present longer with the uncomfortable sensation of the highly defended aspect of your type structure in order to free the life force contained within it. Ultimately this leads to a more peaceful and resourceful state with greater resilience.

The workshop format includes panel interviews to demonstrate the application of the Somatic Awareness Practice, guided inner practices, and simple movement and interactive exercises to return you to a place of extended grounded presence and greater well-being – especially when life is challenging.

LOCATION

The Mountaineers Program Center, Room Goodman B, 7700 Sand Point Way NE, Seattle, WA 98115

FEES

By April 4, 2015: \$245 | After April 4: \$275 (fee includes lunch)

Note: If you cancel by April 4, 2015, your deposit will be refunded less \$50 administrative fees. After April 4, your deposit will be refunded less \$100 administrative fees and any site costs incurred by late cancellation.

CEUs AND REGISTRATION

This program is approved for 12 hours of Continuing Education credits (CEUs) for LMFTs, LCSWs and LMHCs through Vision Point Associates, provider #1975-112 certified by NASW Washington Chapter (\$25 fee).

To register online or for more information, visit www.EnneagramWorldwide.com/programs or call Barb Allgaier at 866-241-6162, ext. 1. Or send the form below to: ESNT, % Barb Allgaier, PO Box 411, Morrison, CO 80465, USA

REGISTRATION FOR SEATTLE ENNEAGRAM AND SOMATIC AWARENESS PRACTICE

Name _____ Phone _____

Address _____

City/State/Zip _____

Email _____ Emergency name and number _____

Type _____ Subtype _____ Food sensitivities or dietary restrictions _____ Yes, I want CEUs

Check payable to “ESNT”: Check Number _____ OR Credit Card: Visa Mastercard Amount _____

Name on Card _____ Exp Date _____

Card Number _____ Security code (3 numbers on back of card) _____

Billing Address (if different from mailing above) _____

City/State/Zip _____