

# Exploring Spiritual Practice through Mindfulness with Breathing & The Enneagram

----A Silent Retreat----

Buddhist meditation and the Enneagram are complementary systems of study that facilitate inner knowing, release from reactive emotions, cultivation of virtue, and freedom within the convoluted realms of personality and egoism. This retreat will provide an experience of mindfulness with breathing, the form of meditation taught and practiced by the Buddha, tailored to the nine Enneagram types.

Through mindfulness with breathing in and out, we learn to go "in and down" to cultivate inner calm and stability, alert attentiveness, and insight, in order to more deeply fathom and release our type structures. At the same time, exploring the Enneagram types helps us to disentangle our meditation practices from old habits of attention, perception, defense, fixation, and emotional reaction. Panels will clarify the different challenges each type faces in meditation.

Participants must know their type, want to explore it meditatively, and be willing to share about it with others. Experienced meditators will benefit from the light the Enneagram shines into hidden aspects of our ego-structures and Enneagram students will deepen and strengthen the meditation skills required for liberating the type habits. Daily guidance, support, and structure will enable relatively new meditators to participate fully.

Participants may meditate on cushions, kneeling benches, or chairs. Meditation cushions and benches are available at [www.dharmacrafts.com](http://www.dharmacrafts.com).

## Presenter: SANTIKARO

Santikaro trained as a Buddhist monk for 19 years, studying under Buddhadasa Bhikkhu, a leading Thai teacher and reformer. Santikaro began leading meditation retreats in 1985 and continues to do so around the world. He has studied the Enneagram and trained professionally with Helen Palmer & David Daniels beginning in 1998, and was professionally certified in 2002. Since 1997, he has pioneered the teaching of the Enneagram in Thailand and its application to Buddhist practice. In 2000, he returned to the USA and is the founder of Liberation Park, a modern American expression of Buddhist practice, study, and social responsibility within community located in Wisconsin. ([www.liberationpark.org](http://www.liberationpark.org)). Simple facilities for personal retreat are being developed there.

SCHEDULE	
Friday, 1/18 5PM	Registration & Dinner
Friday, 1/18 6-9PM	Evening Session
Sat, 1/19 8AM	Breakfast
Sat, 1/19 9-12 AM	Morning session
Sat, 1/19 12-1PM	Lunch
Sat, 1/19 1-5PM	Afternoon session
Sat, 1/19 5:00 PM	Dinner
Sat, 1/19 6-9 PM	Evening Session
Sun, 1/20, 8 AM	Breakfast
Sun, 1/20, 9-12 AM	Morning Session
Sun, 1/20, 12-1PM	Lunch
Sun, 1/20, 1-5PM	Afternoon session
Sun, 1/20 5PM	End of Seminar

### OBJECTIVES

To explore how our work in the Enneagram personality system can be enhanced and deepened by Buddhist meditation practice in order to:

- 1) More clearly understand our inner dynamics & motivations
- 2) identify our obstacles to progress on the spiritual path
- 3) reduce suffering

The Moye Center is Handicap accessible

WORKSHOP REGISTRATION FORM

## Mindfulness and the Enneagram With SANTIKARO

Jan. 18-20, 2008  
at the Moye Center, Melbourne, KY

*Note: This workshop has limited number of overnight space at the Moye center—only 20 rooms—first come, first served.*

Name \_\_\_\_\_

Enneagram Type \_\_\_\_\_

Sub Type (if known) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

e-Mail \_\_\_\_\_

### WORKSHOP COSTS:

For those staying at the Moye Center \$250  
(includes room and meals)

For those staying off site\* (includes meals) \$190

\*Comfort Suites, Bellevue, KY (15 min away) has special rate (\$99) for participants (859-291-6700).

**17 Ohio CEU's for Counselors (RCX019006), Psychologists (OPA CME#OOPO-311220566) & Social Workers (RSX098812) available – \$20 at registration.**

Mail this registration form with your check (payable to GCCIEA) to:

**Greater Cincinnati Chapter of IEA  
c/o Len Short  
2025 Commons Circle Drive  
Batavia, OH 45103**

**Cancellation Policy: 50% refund up to January 5, 2008. After that no refund**

QUESTIONS? Contact Len at 513-735-4037

### **Enneagram Center of the Ohio Valley (ECOV)**

We are a non-sectarian organization dedicated to the principles of self-discovery and mature self-awareness as crucial tools for understanding, compassion and the common good. We transmit the teachings of the narrative tradition of the Enneagram through classes, workshops and training sessions. Concurrently, we are dedicated to modeling these teachings through our personal commitment to the life long journey of psycho-spiritual integration.

### **The Greater Cincinnati Chapter of the International Enneagram Association (GCCIEA)**

Our mission: to promote the highest human values through the development of the Enneagram as a system for personal insight and the integration of psychological and spiritual life for individuals, groups, and communities throughout the Greater Cincinnati area.

#### **DIRECTIONS TO MOYE CENTER**

Travel toward downtown Cincinnati.  
Follow signs for I-471 (Newport). Take I-471 to its end at highway 27--the Alexandria exit. Go South on highway 27. Continue past Northern Kentucky University, County Square shopping center and Burger King. Turn left at the first light past Burger King--highway 1998, Industrial Road. Stay on Industrial to its end at route 8. Turn right onto route 8. About ¼ mile past the stop light in Silver Grove are the gates to St. Anne Convent, on the right. [www.cdpkentucky.org](http://www.cdpkentucky.org)

## **Exploring Spiritual Practice through Mindfulness with Breathing & The Enneagram**



**Facilitated by**

**SANTIKARO**

**a Buddhist and Enneagram Teacher in the Narrative Tradition**

**Friday--Sunday, January 18--20, 2008  
Moye Center, Melbourne, Kentucky**

**SPONSORS:**

**Enneagram Center of the Ohio Valley  
Greater Cincinnati IEA Chapter**

**Cosponsor:  
Southern Ohio Family Institute**