

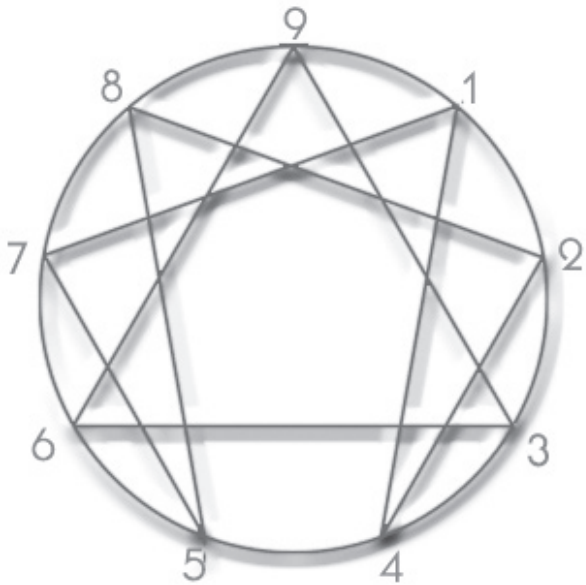


The Enneagram : Path to Freedom

with Michael Gardner and Mani Feniger

The Enneagram offers a revealing window into what drives our actions and reactions. Each of the nine Enneagram types has a characteristic combination of behaviors, attitudes, strategies, even body language. In our groups, we use panels of self-aware exemplars to describe their types and tell us what they experience from the inside out.

Come and hear about the challenges and gifts of each type and what is possible when you move beyond ego strategies and become aware of your unique self. See your friends, partners, children and co-workers in a new light and find yourself on the dynamic Enneagram.



Schedule:

Thursday, Oct. 1
7-9 pm

OVERVIEW
(\$5 for the evening and applied to the weekend if you register)

Saturday, Oct. 3
10 - 5 pm

(Bring a bag lunch, tea is provided)

Saturday, Oct. 10
10 - 5pm

Cost: \$125 for the whole program

\$100 Early registration by Sept. 24
Early registration is highly recommended as space is limited.

Register online at
www.7thheavenyoga.com/events.html
OR call or **mail your check** earmarked
"Enneagram." to: 7th Heaven Yoga

For more information about the group,
contact: Mani at 510 528-1130
e-mail: manifeniger@gmail.com
www.manifeniger.com



Mani Feniger and Michael Gardner, Ph.D., have deepened their understanding of the Enneagram by studying it, teaching it, and using it in their relationship for over twenty years.

Mani is a Clinical Hypnotherapist and author of Journey from Anxiety to Freedom. Michael is a scientist and Enneagram pioneer.