

THE EMBODIED ENNEAGRAM

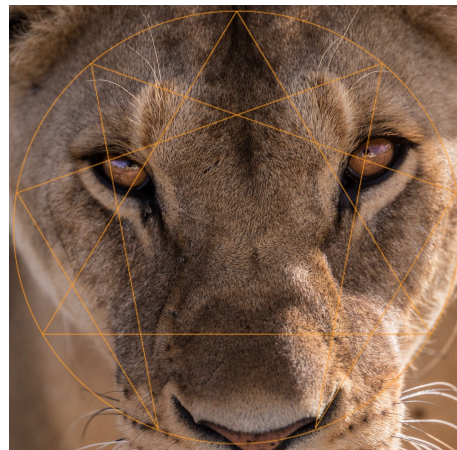
15th-18th October 2024

with Dr. Henrie Lidiard

INLPTA Master Trainer and Enneagram Institute Accredited Trainer.

At The Mercure Bankfield Hotel, Bingley, West Yorkshire, UK.

Early Bird £520.00 when you book before August 4th 2024 (full price £660.00)



- Deepen your self-awareness and your sense of embodied Presence.
- Discover the life-changing power of your unconscious instinctual drives.
- Feel more grounded, vital and alive, with a deep sense of belonging.
- Discover your specific pathways to accelerate and deepen your development.
- Understand and enhance your relationships.
- Learn specific practices that will open up life-changing possibilities for you.

On this new 3 - day workshop we'll take a **deeper dive in to the Enneagram** from the perspective of our embodiment. We'll explore the instinctual drives, the 'animal soul' that fuels our most urgent, ingrained, and unconscious patterns. You'll discover how this awareness opens the doorway to your deepest evolution and development. We'll touch on the neurobiology of our 3 centres, and how each 'Ennea-type' is characterised by a specific imbalance. You'll discover *your* route to bringing your centres back in to balance for greater evolution and health. We'll also use movement around the Enneagram symbol for greater insight and choice. This workshop will be a combination of the Riso-Hudson Approach along with insights from other schools and disciplines. Presence practices will be at the heart of our exploration. We will also use simple body work, small group enquiries, open frames, and discussion. You can look forward to a deeper connection to your embodied presence, profound routes for growth and change, and deeper compassion for yourself and others.



What people say about Henrie's Enneagram Trainings:

- "An incredibly powerful course delivered in a joyful, gentle and experiential way"
- "Simply an amazing and transformative 3 days"
- "I have found this to be a beautiful and enlightening follow up to the introduction".
- "I am taking away a greater compassion for myself and others"
- "Another phenomenal weekend – I recommend this training whole-heartedly"
- "Deliciously joyous, shining a light in to all my depths."
- "My experience has led to some profound new self-realisations"

For further details and to book your place:

email henrie@nlpinthenorth.co.uk or call on 0345 8710012