

THE EMBODIED ENNEAGRAM RETREAT

with
Dr. Henrie Lidiard

Evening 1st - Breakfast 6th November 2026
The Bodlondeb Studio and Retreat Centre, Corwen N. Wales

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

We'll explore and balance the instinctual drives. These form the 'animal soul' that is the source of our vitality and aliveness, but also fuels our most urgent and compulsive patterns. We'll work with our three centres of intelligence, and discover the specific imbalance of each 'Ennea-type'. We'll use simple body work, small group enquiries, open frames and discussion. Presence practices will be at the heart of our exploration.

**Early Bird £699 when you book before 2nd September 2026
(full price £799)**

'An incredibly powerful course delivered in a joyful, gentle and experiential way.'

'My experience on this training has led to some profound new self-realisations.'

'Deliciously joyous, shining a light into all of my depths.'

'Transformative and revelatory! It's improving my relationships every day.'



NLP in the North

For further details and booking click [here](#)
or contact us [here](#) with any questions.