



## **Enneagram & Qi**

**(Online Zoom- each session 1 ½ hours)**

The practice of Qigong is a wonderful way to introduce movement and flow into your work around the Enneagram. As the Enneagram teaches us, the three centers of intelligence are the three components of human psyche: emotions, thoughts and actions. Each of the 9 Enneagram types has a unique ordering of the three centers of intelligence, with one center being the dominant center through which a person receives information. Then there's the support center that helps the dominant center in processing information. Each Enneagram type has a center that has been forgotten as we grow into adulthood, the center that has gone "offline" and isn't used in processing information. By only using two of our centers of intelligence we are like a 3-legged stool that has lost a leg, easily pulled off our center!

This workshop focuses on both a cognitive understanding of what's known as stance work in the Enneagram, and introduces Qigong as a way to bring up the use of the forgotten center, which varies by type. Through gentle movement and flow qigong brings more vitality and balance into life. By accessing all three centers of intelligence and learning to use the underused center we once may have thought useless, we can find more wholeness and energy.

### **Enneagram & Qi 2021 DATES:**

Starting the week of **2/7/2021, 4/11/2021 or 10/3/2021**

**\*\*SPECIAL REQUEST DATES AVAILABLE FOR ENNEAGRAM & QI, ENNEAGRAM WORKSHOPS AND GROUP COACHING\*\***