



an advanced Enneagram-meets-Somatic-Healing retreat

Ways of Being, Ways of Change Engaging Mind, Body & Spirit

Ring Lake Ranch, Dubois, Wyoming

June 25--July 1, 2017

Retreat Facilitators

This advanced Enneagram and Somatic-Healing retreat in the beauty of the Wyoming wilderness invites us into our full dimensionality as we deepen self-understanding and honor our gifts and resourcefulness.

Sunrise will greet our morning meditation as we offer gratitude and name intentions in order to be fully awake to our days.

Daytime provides avenues for growing curiosity and practicing presence as we connect with the land through hiking, horseback riding, canoeing, fly fishing, and more. **Evening** sessions deepen self-understanding as we discuss internal stories and type patterns that limit us. Sandra will offer questions to support our exploration of the gifts and perspectives of all nine Enneagram Types and how to expand our filters to integrate the wisdom of all personality types. Lee will guide us in listening to the subtle wisdom of our bodies, which is our compass and interface with the natural world, human companions and the unseen energies of Spirit. Our learning will be facilitated by the natural world and through poetry, inquiry practices, meditations, small group discussion and lecture. Participants will engage all three centers of intelligence (head, heart, body) in this process.

To learn more about this retreat, call Sandra at 828-684-2339 or email sandrasmith@charter.net or Lee at 865-387-4417 or ensignel@yahoo.com. **To register and to learn more about Ring Lake Ranch**, go to www.ringlake.org. The ranch, located in the Wind River Mountain Range, is two hours east of Jackson Hole, Wyoming, Yellowstone and Grand Teton National Parks.



SANDRA SMITH, a certified Narrative Enneagram teacher and consultant, and Accredited IEA Professional, teaches this system throughout the country as a tool for personal and spiritual growth, dissolving patterns that prevent authentic connection with self and other. She weaves her Enneagram expertise with her theological education to support the emergence of compassion in our lives as we live more fully into who we are. Sandra offers staff team building trainings, public workshops and works one-on-one with individuals as an Enneagram consultant and spiritual companion. Additionally, Sandra is a former Ring Lake Ranch wrangler whose spiritual life was shaped by the quiet and the beauty of this wilderness landscape.



LEE ENSIGN is a clinical psychologist who brings to her traditional training a lifelong fascination with exploring the interface of psychological, spiritual, and somatic experience. She is a certified Enneagram teacher in the Narrative Tradition, has trained in the Somatic Experiencing approach to the treatment of trauma, and incorporates decades of meditation practice into her work. Lee is in private practice in rural East Tennessee, with particular focus on treatment of trauma, mood and anxiety disorders. Her work engages others in listening to the body's subtle wisdom in support of their healing process. Having completed her Ph.D. at the University of Wyoming, she is thrilled to return to the vast beauty of the Wyoming landscape at Ring Lake Ranch.

A working knowledge of the Enneagram is required to participate in this experience.