

waking up to Life's **Abundance**

a workshop for cultivating receptivity

January 4, 2018

Thursday, 9:00 am-4:00 pm

The heart of winter beckons us toward introspection and renewal as a new year begins. It's a time when many of us are asking "Who do I want to be?" and "What shifts can support my growth and deepen my awareness?" This day retreat attends to these questions and offers gracious space and kind support for accepting all that we are.

During this workshop, participants will access the wider, deeper and less dominant parts of ourselves through guided **Soul Awareness** meditations with Mary Beth. These meditations allow us to access the wisdom and compassion of our innermost being as we develop the ear of our hearts. The spiritual dimensions of the **Enneagram** will serve as a map of our paths toward wholeness, our resistance to that journey and our innate gifts that move us deeper. We are created to evolve and grow into who we already are! Mining the resources available to us in the hollows of our inner landscape, we can travel paths toward bold living and expansive loving.

The Bend of Ivy Lodge near Weaverville, NC provides a perfect quiet mountain setting for us to explore our soul's invitation to grow and heal and to receive our inherent gifts that support this. Healthy food, beautiful views, and a cozy meeting space will provide a container of beauty and nourishment as we open ourselves to seeing the abundance that holds us. The cost of \$175 per person includes workshop materials and lunch. This retreat is limited to 15 people.

An individual session with either Sandra or Mary Beth is required before this retreat if you haven't previously worked with both. This individual session is \$100.

Workshop Facilitators



SANDRA SMITH, M.Div., is a certified Enneagram teacher using this system as a tool for personal and spiritual growth, dissolving patterns that prevent authentic connection with self and other. She facilitates type and study groups, and works one-on-one with individuals as an Enneagram consultant and spiritual companion.



MARY BETH GWYNN, MBA, MSLS has facilitated soul work for over 25 years, primarily with individuals but also with small groups in retreats and trainings. Her own training took place over 7 years of highly experiential teaching and mentoring and she continues using this process with clients. In addition to training in consciousness, she has a MSLS and an MBA in finance.

*Only in a receptive state
can we experience life as
sacred and abundant.*

For information about the workshop or lodging, call Sandra 828-684-2339 or email at sandracsmith@charter.net.

Learn more about Mary Beth's work at marybethgwynn.com and Sandra's work at AlchemyWorksEvents.com.

**Registration and payment due
by December 28, 2017.**

REGISTRATION FORM

NAME

TELEPHONE

ADDRESS

EMAIL

Amount included: \$

ENNEAGRAM TYPE

Make check payable to **Alchemyworks** and mail to
PO Box 1419, Skyland, NC 28776