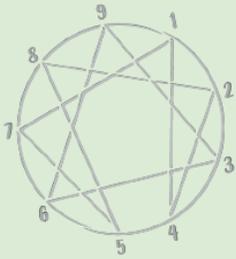


27-28 Oct 2018



# enneagram

with Subhuti



a two day workshop in Stockholm

The Enneagram system of nine personality types helps you to better understand yourself and others in your life. A tool for self development, leadership and teambuilding.

Discovering your personality type reveals the hidden pattern that takes control of your behaviour when you feel insecure, stressed, under pressure. Your personality type was created in childhood when you explored a variety of ways to cope with your family environment and to relate with your parents. Naturally, you settled for the strategy that worked best. This strategy became fixed by the age of ten and then moved into the unconscious part of your mind, influencing your behaviour as an adult without being seen or understood. Recognizing this pattern brings freedom of choice into your life and brings you closer to your authentic nature.

It is much more than a personality profile that offers insight into core personality traits, as it delves deeper into the core motivations, defence mechanisms and fears that often lie in the unconscious layers of our personality structure.

The Enneagram symbol dates back to Ancient Greece. The symbol was developed as a psychological tool in the 1960s by Oscar Ichazo.

## About Subhuti

Subhuti teaches the Enneagram in an easy and entertaining way, which he has developed over many years experience. Subhuti started his career as a political journalist, working in the Houses of Parliament. In the 1970s he joined Oscar Ichazo's Arica School in New York and subsequently went to the Osho commune in Pune, India where he began teaching meditation methods oriented towards self-discovery. Since the 1990s Subhuti has lead Enneagram workshops all over the world.

## Practical information

Place: Stora Huset, Örakers Gård (30 min from Stockholm)

Time: Sat 27<sup>th</sup> 10:00-17:00 and Sun 28<sup>th</sup> 10:00-16:00.

Price: 1,200 SEK excluding VAT + Lunch: 150 SEK/per day

The workshop takes place in a beautiful 17<sup>th</sup> century manor with a view over the lake. We will serve a delicious homemade vegetarian lunch. Upon booking, you will receive more information and we can help with booking accommodation.



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