

## ***Enneagram Workshop with Andrea Andress***

via Zoom, May 1, 2021, 10 am until 3 pm

(one hour lunch break and small group breakouts in morning and afternoon)

This Saturday workshop is offered by St. Mark's Episcopal Church at no charge.

## ***Instinctual Energies and Enneagram Subtypes***

What if we were to acknowledge a *knowing* deep inside us that we are safe and secure, loved and affirmed, and powerful in a grounded way? We would live out of a deeper authenticity and presence. Instead of strategizing to get something we think is missing, we could open ourselves to a wholeness that is always available to us.

Instinctual energies drive us to seek survival, intimacy in one-to-one bonding, and social belonging. Expressed through our Enneagram Type, each one affects our behavior in the arenas of relationship to oneself, to another individual and to social groups which we call “subtypes.” Observation of these subtype behaviors assist greatly in identifying the movement of the instinctual energies that give rise to the behaviors.

We will use exercises, practices and small group dialogue in breakout rooms to help you identify and deepen your understanding of your subtypes and your placement of attention affecting your behavior and relationships. The intent of this work is to use the observation of subtype behavior to become aware of your instinctual energies and to open the body center to the experience of essence.



**Rev. Andrea Andress**, is a retired deacon of the United Methodist Church at Paradise Valley United Methodist Church and a Spiritual Director certified by the Shalem Institute. A certified Enneagram teacher from the Narrative Tradition, Andrea is a Founding Member of the Arizona Enneagram Association. Andrea offers individual Spiritual Direction and Enneagram Interviews. She also leads workshops in the Enneagram and Spiritual Formation. Andrea and her husband, Robin, live in Las Cruces, New Mexico. They have two sons, three grandchildren.

Please register by April 23. [Click](#) to register.

After you register you will receive a confirmation via email.

Later you will receive a link for the seminar via email.

You do not have to have a Zoom account.

When you sign in you will be asked to let Zoom install its application, but there is no cost to you.