

DEEPER WHERE WE STAND:

A WEEKEND RETREAT EMBODYING
THE HEART OF PRESENCE

WITH
PENNY FENNER AND TINA BENSON

Venue: 110 Glen Park Ave., San Rafael, California
Date: September 22-23, 2012
Time: 9am – 5pm
Cost: \$345 early bird; \$375 after August 1.

So often our primary focus is on others and on achieving our goals, and time for deep reflection becomes a distant ideal, not a lived reality. This retreat is a great opportunity to focus on ourselves and enjoy the immense power that inner stillness, presence and meaningful dialogue bring. As the heart and mind become open and clear, we discover lightness and joy that can be accessed every day. We will:

- Open our hearts and free our creative minds.
- Embrace being present, moment to moment.
- Become conscious of the many subtle and often unconscious ways that we restrict or limit our relationships through conditioned thinking and behaving.
- Engage in guided meditations, writing, paired exercises, and receive personal coaching.
- Relax into the wisdom that comes from openness to not-knowing.



PENNY FENNER
AND TINA BENSON

more details on next page >



PENNY FENNER has been teaching and facilitating individuals, executives, organisations and groups in Australia, USA, Europe, and Asia since 1990. Her life

has been an ongoing process of self-inquiry, learning and teaching, beginning in the 70's with Buddhist teachings in India and Nepal. Over the decades she has deepened her understanding and knowledge, travelled and taught widely, been mentored by great leaders and gained qualifications and experience in psychology, leadership, executive coaching, the Enneagram and ego state therapy. She integrates the essence of timeless, practical wisdom in all she does. Author of "Essential Wisdom Teachings – the way to inner peace" (2001), and the chapter "Healing from the Heart" in the book "Listening from the Heart of Silence" (ed. by Prendergast & Bradford, 2007), Penny works intuitively, directly from the heart of her experience.



TINA BENSON is a modern-day Soul Whisperer and Transpersonal-Jungian-Oriented coach with over 25 years experience teaching, leading, and facilitating

individuals, couples, large and small groups in the United States and abroad in consciousness explorations, chakra initiation/meditation retreats, couples' and women's retreats, ecstatic dancing, Voice Dialogue, Enneagram, chanting, ritual, and travel to sacred sites around the world. She is the founder and creator of the Soul Speaks Project, and is also an ordained minister officiating at weddings, birth, death and other life-passages and celebrations.



Further inquiries and registration:

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