

# LIBERATING WISDOM AND JOY

A RETREAT FOR SEEKERS,  
HELPING PROFESSIONALS,  
MANAGERS AND CONSULTANTS

WITH PENNY FENNER

**Location:** Wellspring Centre, 10 Y Street Ashburton

**Date:** Saturday March 17th, 2012

**Time:** 9am – 5:30pm

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.



With Penny Fenner

[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.

### Recent past participants share:

*The Liberating Joy Retreat has gifted me with the rare opportunity to experience what it is to be 'fully present'. Penny offered a fertile space in which I could explore inner stillness and become reacquainted with my true nature ... thankyou.*

Eryka Sklivas, Melbourne

*You (Penny) created a gentle and safe space for everyone to connect with whatever mind thoughts are holding them back. You were tuned in, aware, respectful and illuminating. It was a joy and privilege to be a recipient of and witness to your teaching ....*

Fay Goodchild, Melbourne

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**Early Bird:** \$300 (inc GST)

**After February 10:** \$330 (inc GST)

Further inquiries and registration:

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– under RETREATS

