

“LIBERATING JOY” with Penny Fenner

Engage applied mindfulness to deepen presence, clarity and joy

March 5-6, 2011



This work is a precious opportunity to deepen your awareness, let go conditioned limitations and reside in joyful open heartedness.

Discover:

- Applied wisdom of the Enneagram to recognise and release constraining beliefs and patterns that limit and restrict your thoughts, feelings and behaviour.
- Deep inner stillness and how to generate this in everyday life.
- The power of “not knowing” as a direct means to being present.
- How to expand and deepen your own practice.
- A genuine sense of open-heartedness that enables your capacity to stay open and present, no matter what the circumstance.

VENUE: Wellspring Centre, 10Y St, Ashburton

DATES: Sat & Sun March 5th and 6th: 930am - 500pm

COST: EARLY BIRD extended to Feb 14: \$445
After February 14: \$495

**** PRE-REGISTRATION ESSENTIAL ****



Penny's work directly transmits the essence of Asian wisdom traditions with contemporary psychological process. Her spontaneity, passion and directness reach into the heart of your concerns enabling you to find your own truth accompanied by deep peacefulness. A practising psychologist and Enneagram teacher, Penny has been intimately involved in Buddhist and other Asian wisdom traditions since the 70's. She has taught in Australia, USA, Europe, and Asia since 1990. She is co-author of "Essential Wisdom Teachings – the way to inner peace" (2001), and author of the chapter *Healing from the Heart* in the book *Listening from the Heart of Silence* (ed. by Prendergast & Bradford, 2007). Penny's work brings timeless wisdom to life, revealing our innate capacity for sustained fulfilment.

"Being with you was sort of a "white hole" in my life – an experience of a heavy black cloud lifting and experiencing joy and love once again. It is extraordinary how you radiate that."
Marvin Greenberg, Berkeley, California

"Thank you from the bottom of my heart for creating a space that was so safe that I could open myself fully and unconditionally for the first time. And thank you for sharing your own heart as you do". Fran Lumsden, Melbourne, Australia



"Penny brings freshness and lightness to her work. She combines practicality with vision, wisdom with caring, humor with grace. She has repeatedly guided me into a space from which I can more clearly see, be with and respond to the challenges in my life". Joyce Harris, Stanford, California

"Penny has a wonderful way of working instinctively; knowing just what to say and, more importantly, when to say it. Her words reach right into your heart". Eitan Gilboa, France

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