



Gwen Burns is a trained professional member of the International Enneagram Association, an accredited life coach, and has been a meditation practitioner and teacher for 45 years. She has a

thriving coaching practice, where she uses a variety of modalities designed to help clients in their self-realization journey. She also facilitates Enneagram workshops with individuals, and for profit and non-profit organizations. She lives in Portland, Oregon.

"The Enneagram is a highly effective way to enter into the core personality architecture through the 9 different views of reality. What motivates us, where we're stuck, where we shine, and what we don't know about our own vast potential is revealed. It contains age old wisdom that has been beautifully adapted to our modern perspective, and helps us assemble and integrate the many facets of our being as we explore our inner terrain."

www.gwenburns.com



Jean Epp-Gauthier is a former high school teacher. During her teaching career, she taught Visual Arts and English as an Additional Language, among other classes. For many years, Jean has had

a keen interest in free form, intuitive mandala making as a journey in self-exploration, self-acceptance and healing, not to mention a moment of fun and relaxation in a sometimes troubled and hectic world. She has led mandala workshops with students, teachers, seniors and cancer survivors. Jean lives near Saskatoon.

For thousands of years the mandala, a circular motif, has been used as an art form worldwide, especially to express the sacred. The word Mandala means center, circumference or "magic circle" and is derived from the root **manda**, meaning essence, and **la**, meaning container; thus a Mandala is a container of essence. The mandala has remained a powerful symbol and a tool for insight, relaxation, healing and transformation.

Queen's House Retreat & Renewal Centre
601 Taylor Street W, Saskatoon SK S7M 0C9
306-242-1916
programming@queenshouse.org

For details on all programs:
www.queenshouse.org

Self-Exploration through the Enneagram and the Mandala

**Wednesday evenings,
May 19, 26, June 2 & 9
7:00 - 8:30 p.m.**

AN ONLINE ZOOM SERIES



**Gwen Burns
and Jean Epp-Gauthier**



QUEEN'S HOUSE
RETREAT AND RENEWAL CENTRE
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

Self-Exploration through the Enneagram and the Mandala

This 4-part class is unique in that it pairs the enneagram with the mandala in an integrative approach to self-exploration and transformation. Gwen will teach you about the enneagram through lecture and group discussion. The self-knowledge and insights you glean from the enneagram will be applied to your creative expression in the mandala portion of the class. In a calm, non-judgmental space, Jean will lead you in a mandala making session, an opportunity to metabolize this new information, shape your understanding and help move you along your growth process towards wholeness.

It would be helpful for you to know your Enneagram type prior to class. You can learn your enneagram type by doing an online test of your choosing.

Questions about this series? Please contact Jean at jeppgauthier@gmail.com



Materials list: Mixed media paper 12" x 18" ideally (or whatever paper you have available), pencil, something to trace to make a circle (a dinner plate), a pencil, your choice of crayons, pastels, or chalk pastels – minimum of 12 different colours but more is better. Additionally, some people like to work with paint, markers, gel pens or pencil crayons. One or two magazines you can cut up, scissors and glue.

Note: No previous artistic experience is necessary to fully experience this class.



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A ZOOM SERIES FOR EXPLORERS!

Cost: \$90

Registration deadline: **May 17**

Please note: A minimum of 10 participants are needed to offer this series, and the class size will be limited to 16 participants.

Registration Details

There are two registration options:

- Visit our website: http://www.queenshouse.org/?page_id=4399
Participants can register and pay online
- Call Queen's House and register over the phone: 306-242-1916 x226. As our staffing is minimal, please leave a message and we will be in touch ASAP.