

Pathways to Presence

An Enneagram and Mindfulness Retreat

- **January 16 -18, 2026**
- **Meadowkirk | Middleburg, VA**
- **Earn 12 CEs approved NASW -VA**

Join us for a weekend of deepening connection—to self, to others, and to your work. Through experiential learning, reflective practice, and guided conversations, we'll explore the transformative insights of the Enneagram alongside mindfulness-based practices.

**Early Bird
10% off if you
register by
Oct. 1st!**

“The attention to person as therapist and the ways it informs clinical and ethical principles was superb” - May 2025 Retreat Participant

To Register: Contact David Paul | davidp@theracpa.net | 202-294-4199

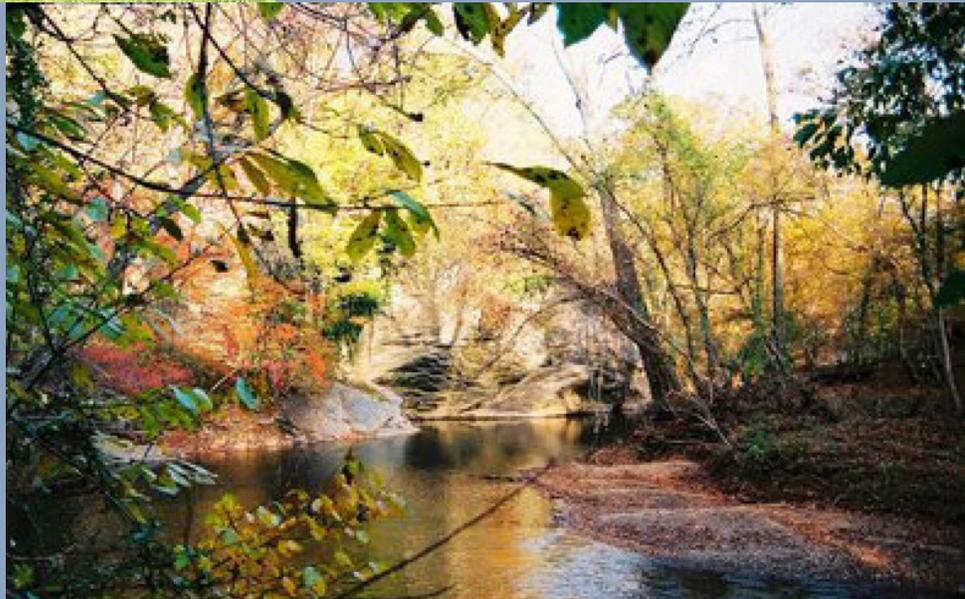
Meadowkirk

Food – Throughout the weekend, you'll be well nourished with exquisite, farm-to-table meals prepared by Meadowkirk's talented culinary team—offering both comfort and delight in every bite.



Lodging – The Manor House, a charming 1905 B&B style home, provides a beautiful and intimate setting for our retreat. Serving as both lodging and gathering space, guests may choose a private or shared room, balancing comfort and connection throughout the weekend.

Grounds: Six miles of scenic trails, a cozy fire pit under the stars, sweeping views of the picturesque Blue Ridge Mountains, open fields and peaceful woodlands – it's the perfect setting to reconnect with nature.



The Details

Who Should Attend? This retreat is for mental health professionals who are seeking a deeper integration of mindfulness and the Enneagram into their clinical work, while also creating space for their own restoration and reflection. It offers a meaningful pause from the demands of holding space for others, inviting participants to reconnect with themselves and their purpose in a supportive, growth-oriented environment.

How do I register? Email David Paul at davidp@theracpa.net. To maintain the depth, safety, and integrity of the retreat space, all participants will be asked to take part in a brief interview before registering. This conversation helps us ensure that the retreat is a good fit for your current needs and intentions.

What is the Enneagram? “The Enneagram is a powerful and dynamic personality system that describes nine distinct and fundamentally different patterns of thinking, feeling, and acting.” – D. Daniels, The Essential Enneagram

Do I need experience with the Enneagram, Mindfulness, or meditation to attend? No prior experience with the Enneagram, mindfulness, or meditation is required. Each participant will receive a copy of The Essential Enneagram in advance to support your learning.

What is the schedule? The retreat begins on Friday, January 16 at 5:00 p.m. and concludes on Sunday, January 18th at 12:00 p.m. Expect a balanced mix of experiential learning, group reflection, and free time to rest and recharge.

Who is the retreat leader? David Paul, LCSW, MDiv, has been facilitating retreats for over 25 years and has a deep understanding of the Enneagram and Mindfulness. He’s known for creating inclusive, transformative spaces for self-discovery and connection.

What is the fee and what does it include? \$1300 private room/ \$900 shared room and includes lodging, meals, 12 CEs, and a copy of The Essential Enneagram by David Daniels. Meals included are:

Friday: Dinner | Saturday: Breakfast, Lunch, and Dinner | Sunday: Breakfast and Lunch

Dietary Needs: The retreat center is able to accommodate food allergies and dietary restrictions. Please indicate any specific needs when registering so we can ensure your meals are prepared accordingly.

What is the cancellation and refund policy? For cancellations made before Sept. 1st a full refund will be issued. Cancellations made after Sept 1, 2025, we will be unable to provide refunds unless we are able to fill your space. If we are able to fill your space, you will receive a full refund. There is no refund if you have to leave the event early. A \$500 deposit is required at time of registration and balance due is October 31st. Payment installments are available.

Please Note: While the retreat is hosted at a religiously affiliated retreat center, the retreat itself is non-religious in nature. The space has minimal religious imagery and the experience is inclusive and welcoming to individuals of all backgrounds and beliefs.

Testimonials from previous Pathways to Presence Retreats

- **“Perfect integration of knowledge, practice, and personal well being”**
- **“[The retreat] opened up something for me that I needed and I am excited to learn more – sad to see it end.”**
- **David’s command of the course material coupled with his warm and personal approach to the whole group as well each participant was lovely.”**

