



Early Bird: 10% off if you register by June 1st



**Earn 12
CEs!**



Pathways to Presence

An Enneagram and Mindfulness Retreat



AUGUST 28-30, 2026

MEADOWKIRK | MIDDLEBURG, VA

12 CES APPROVED BY NASW-VA

Join us for a weekend of deepening connection—to self, others, and your work—through experiential learning, guided reflection, and the transformative insights of the Enneagram integrated with mindfulness practices.

“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 RETREAT CENTER

Less than an hour from most of the DMV



Comfort & Rest

The Manor House, a charming 1905 B&B-style home, offers an intimate setting for our retreat. Serving as both lodging and gathering space, guests may choose private or shared rooms—balancing comfort and connection.

Bountiful 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.

Nature's Embrace

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 designed for mental health professionals seeking deeper integration of mindfulness and the Enneagram into their clinical work — while also making space for their own restoration. It offers a meaningful pause from holding space for others and invites you to reconnect with yourself in a supportive, growth-oriented environment.

Fee & What's Included: \$1450 (private room) | \$1050 (shared room) Includes:

- Two nights' lodging
- All meals: Friday dinner; Saturday breakfast, lunch & dinner; Sunday breakfast & lunch | Dietary restrictions and food allergies can be accommodated.
- 12 Continuing Education credits
- A copy of The Essential Enneagram



What Past Participants Have Said:

“A perfect integration of insight, practice, and personal renewal.”

“This retreat opened something in me that I didn’t realize I needed. I left energized, grounded, and 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.”

Registration: Email David Paul at davidp@theracpa.net. To protect the depth and safety of the retreat, a brief pre-registration interview is required to ensure the experience is a good fit for your current needs and intentions.

Experience Required? No prior experience with the Enneagram, mindfulness, or meditation is necessary. Participants will receive a copy of The Essential Enneagram in advance.

Schedule: Friday, August 25th 4:00 p.m.–Sunday, August 30th 2:00 p.m. The weekend includes experiential learning, guided reflection, and intentional space to rest and recharge.

Retreat Leader: David Paul, LCSW, MDiv, has facilitated retreats for over 25 years and is known for creating inclusive, transformative spaces for self-discovery and connection.

Cancellation Policy: Full refund before May 1st. After May 1, refunds are available only if your spot is filled. \$500 deposit due at registration; balance due May 1, 2026. Payment plans available. No refunds for early departure.

Please Note: While hosted at a religiously affiliated retreat center, the retreat itself is non-religious and welcoming to individuals of all backgrounds and beliefs.