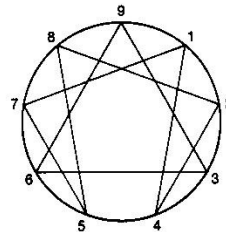


*Come, come, whoever you are:  
Wanderer, worshipper.  
lover of leaving.  
It doesn't matter.  
Ours is not a caravan of despair.  
Come, even if you have broken  
your vow a thousand times.  
Come, yet again, come.*

*Rumi*

The Greek-Armenian mystic, George Gurdjieff, who brought the **enneagram** to the West, created a set of exercises for his students. These were based on the dances he witnessed traveling in the East and incorporated the laws reflected in the **enneagram**. He described himself as a “teacher of dancing”, so central was the experience of the Movements to the development of consciousness.

***Come join us in this practice of attention leading to awareness and self-remembering in a community of like-minded seekers.***



**Gurdjieff Movements - Winnipeg**  
Melody Newcomb, instructor  
[www.inscapesenneagramstudies.ca](http://www.inscapesenneagramstudies.ca)  
[melody@inscapesenneagramstudies.ca](mailto:melody@inscapesenneagramstudies.ca)  
204-237-7725

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## ***Gurdjieff***

### ***Movements:***

A Practice of Attention  
and Community

Ongoing Practice:  
Weekly Sessions and  
Monthly Retreats

Robertson Hall  
John Black United Church  
898 Henderson Highway  
Winnipeg, Manitoba



# ***GURDJIEFF MOVEMENTS: A PRACTICE OF ATTENTION AND COMMUNITY***

The **Movements** are a practice of attention with gestures and choreography set to music created for this purpose. The complexity of the **Movements** invites concentration and self-awareness. We move in patterns that remain unconscious. The **Movements** break up those patterns, making us aware of our automatic ways of being.

The effort needed to learn the patterns of the **Movements** and sustain the practice brings us face to face with our habits of thinking, feeling, and sensing. The work of awakening to our patterns of behaviour, thought and feeling will be the focus of the Saturday morning Work group: to approach these patterns of thought, behaviour, feeling and belief with curiosity and compassion. Knowledge of the patterns of personality will be explored as a way of understanding ourselves as a "machine". This understanding will be supported by the practice of the **Movements** as well as **inner exercises** as active meditation.

Topics we will explore on Saturday mornings will include the passions, fixations, instincts and domains reflected in the personality patterns. Our own experience will be the basis for this exploration of automatic patterns.

**Melody Newcomb** is the instructor and sometime pianist for the **Movements** here in Winnipeg. A student of the enneagram since 1985, studying with **Carol Ann Gotch** and **David Walsh**, she was introduced to the **Movements** in 1996 by **Marna Clarke**. She has since studied in Canada, the United States and Europe and is part of the Organizing Committee for the International Retreat. ([www.movements-retreat.org](http://www.movements-retreat.org)) She had led the ongoing group in Winnipeg since 1998.

## ***Gurdjieff Movements Ongoing Practice***

Robertson Hall  
John Black United Church  
898 Henderson Highway  
Winnipeg, Manitoba

Cost: \$12 for each Thursday evening  
\$25 for Saturday mornings  
\$30 for Saturday afternoons  
OR \$50 for all day Saturday

Please dress comfortably and bring a cushion to sit on.

THURSDAY EVNINGS: 7-9 pm

2011  
September 8-15-29  
October 6-20-27  
November 3-17-24  
December 1-15

2012  
January 5-12-26  
February 2-9-23  
March 1-8-22-29  
April 12-26  
May 3-17-31  
June 14

SATURDAYS  
Work/Study Group 10am-12pm  
Movements class 1-4 pm

2011  
September 24  
October 15  
December 10

2012  
January 21  
February 18  
March 17  
April 21  
May 12  
June 9

**For more information and to register, please contact  
Melody Newcomb  
204-237-7725  
melody@inscapesenneagramstudies.ca**