

You are invited to participate in the Dunkeld community labyrinth building retreat experience and opening ritual.



DUNKELD EARTH POETRY LABYRINTH 'learning to walk on the earth lightly'

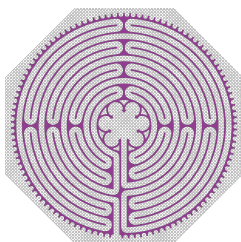
Retreat and Labyrinth Opening with
The Reverend Dr. Lauren Artress
Retreat Sun 13 - Wed 16 March 11

The labyrinth experience - a metaphor for life's journey.

Lauren Artress, MA, D. Min, is an Episcopal priest, Honorary Canon at Grace Cathedral in San Francisco, and Founder of the not for profit organization, Veriditas, dedicated to the labyrinth experience. Lauren is known for her cutting edge work with the labyrinth. Her first book, *Walking a Sacred Path*, and her workshops are known worldwide as she has dedicated her life work to activating and facilitating the transformation of the human spirit through the Labyrinth Experience. Lauren is a licensed psychotherapist in California in the USA and a Spiritual Director.

Walking the labyrinth for the integration of mind, body and spirit.

Walking the labyrinth is a meditative practice that is being embraced in many countries around the world. This practice can have many applications. In hospitals it offers a quiet place for prayer, in spas it is used to integrate the mind, body and spirit. In prisons it provides solace and self-reflection. In churches and cathedral it quiets the mind and opens the heart. Though there are many labyrinth styles, the Chartres-style labyrinth is known for its whole-brain integration that opens the channels to creativity and innovation.



The Opening Ritual 6pm Tuesday 15th March 2011 and then enjoy a meal under the trees.

The Dunkeld Arboretum Committee with wider community support are building a Chartes style labyrinth in the beautiful red gum area of the Dunkeld arboretum with views to the mountains of the Southern Grampians, ponds and native grasslands. The labyrinth is being designed to draw our attention to how we walk and are present to the earth and place. Children's poetry forms an integral part of the labyrinth construction. The labyrinth is also being constructed for disabled access.

Cloud Mountain Retreat - Sun 13 - Wed 16.
Enjoy this retreat experience being part of a team placing stones and poetry into a labyrinth

Join the community in the final laying of stone work (not hard work). Be part of a luncheon conversation with Lauren Artress. Participate in the ritual opening with Welcome to Country. Experience the guided walk of the labyrinth. Enjoy a meal amongst the trees - free of charge.

Cloud mountain retreat is offering stays as a country retreat experience. This is a unique opportunity to experience country community and hospitality while offering your time and energy to complete a labyrinth. This does not involve hard physical work only the joy of being part of a team preparing and placing stones and poetry into a labyrinth.

Cost: Single \$470 Double \$800
Telephone Paul Sanders 03 5577 2354.
Email cloudmountainretreat@bigpond.com

The retreat experience provides accommodation, meals, participation in building the labyrinth and a luncheon conversation with Lauren Artress
www.cloudmountainretreat.com.au