

# Labyrinth talk and candlelight walk

## *The healing path of the labyrinth*

**Guest Speaker: The Reverend Dr. Lauren Artress**



**When:** Thursday 17th March 2011

**Where:** Augustine Centre 2 Minona St Hawthorn

**Time:** 7.00pm talk and 9pm candlelight walk

**Bookings and enquiries:** labyrinth talks, walks, workshops and facilitator training. Telephone 5678 5638 or email Lorraine or Geoff Rodda [lgrodda@iprimus.com.au](mailto:lgrodda@iprimus.com.au)

Talk \$45.00 - Candlelight Walk is by donation

## **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.

## **Proudly supporting the Olivia Newton-John Cancer and Wellness Centre Appeal. Embracing Medical Care and Wellness**

The Olivia Newton-John Cancer and Wellness Centre will set new standards in patient-centred care and provide a way forward in cancer treatments - one towards wellness. The Centre will have a focus on developing innovative cancer therapies and providing quality of life to patients with cancer. The cancer and wellness centre will include world-class facilities for international research, patient centred care and medical treatment-integrated with the best of wellness care.

The Wellness Centre will assist patients' throughout the medical treatment - to help them in body, mind and spirit. The centre will provide medical treatment and wellness care for men and women with any type of cancer. [www.oliviaappeal.com](http://www.oliviaappeal.com)



**The Labyrinth Society, Inc - Australian Region is proudly supporting  
The Olivia-Newton John Cancer and Wellness Centre Appeal.**