

Sponsored by Trinity Episcopal Cathedral Labyrinth Guild and Veriditas

## NEWS RELEASE

March 8 & 9, 2013

March 10 & 11, 2013



<b>CONTACT:</b>	Christiana Brinton, Trinity Labyrinth Guild member and Veriditas Pacific Northwest Regional Representative	503-502-3178 christianatb@gmail.com
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### FINDING CENTER: USING THE LABYRINTH FOR INTEGRATION AND BALANCE

2 events

Friday, March 8, 2013 ~ 7:30 p.m. – 8:30p.m.

Saturday, March 9, 2013 ~ 9:30 a.m. – 4:30 p.m.

Trinity Episcopal Cathedral, Kempton Hall ~ 147 NW 19<sup>th</sup> Ave, Portland, Oregon 97209

**Friday Evening** - Veriditas Master Teacher, Jo Ann Mast, offers a brief talk on current neuroscience research that reveals a host of positive brain and nervous system changes; such as the balancing effect meditative labyrinth walking has on the human nervous system.

**Friday Evening Fee:** \$10 general admission, \$5 for Trinity Cathedral members, no registration required\*

**Saturday Labyrinth Workshop** - In the chaos and uncertainty of our times, it is difficult to stay focused in the present. Try as we might, the power from past experience and troubling doubts create frustration. Veriditas Master Teacher, Jo Ann Mast will facilitate the experiential workshop using the spiraling path of the labyrinth to balance and center through body movement and use of various labyrinth patterns. Jo Ann says, "The labyrinth addresses the need of our times to center the mind, relax the body and integrate our head and our heart."

**Saturday Day Fee:** \$60.00 general admission, \$40.00 for Trinity Cathedral members, *vegetarian lunch included*. [Registration Required](http://www.veriditas.org/calendar), <http://www.veriditas.org/calendar>.

*\*Paid registration includes admission to Friday evening talk.*



### VERIDITAS FACILITATOR TRAINING 2 Day Workshop

Sunday, March 10, 2013 ~ 1:00 p.m. – 9:00p.m.

Monday, March 11, 2013 ~ 9:00 a.m. – 5:00p.m.

Trinity Episcopal Cathedral, Kempton Hall ~ 147 NW 19<sup>th</sup> Ave, Portland, Oregon 97209

The Trinity Labyrinth Guild is thrilled to invite you to this 2-day program to prepare you to introduce others to the labyrinth in a knowledgeable, professional and effective way. The Training addresses both meditative walking and ceremonial uses of the labyrinth in a multitude of settings.

This is a highly interactive training; the most in-depth and rigorous of its kind. Come deepen your own knowledge of the labyrinth in a multitude of settings.

Veriditas Master Teacher, Jo Ann Mast, invites you to this behind-the-scene conversation about using the powerful archetypal labyrinth, a universal pattern familiar to our very being, as a blueprint for growth and transformation.

*"I found the whole experience memorable and engaging. Jo Ann is an inspiring leader, a nice balance of seriousness and lightness. I found myself energized."*

*~ Laura, workshop participant*

**Tuition includes:** light refreshments, vegetarian dinner Sunday night and lunch on Monday, instruction, materials, access to reference books and music.

You will prepare a talk and present it. Actually create ritual and ceremony for events, and other hands-on applications for using the labyrinth.

Also, Jo Ann offers follow-up and mentoring for 12 months after the training.

Once trained you automatically become a member of the worldwide Facilitator Network, a continual source of information, sharing and support. [Registration Required,](http://www.veriditas.org/calendar)

<http://www.veriditas.org/calendar>.



**Master Teacher Jo Ann Mast:**

Jo Ann is the first Veriditas master teacher certified to teach the organization's exclusive educational programs. She is a speaker, retreat leader, teaching university and seminary curriculum and consulting with community and church organizations on a variety of major labyrinth projects. She has led labyrinth workshops and facilitator trainings in Canada and the US. Jo Ann resides in Boulder, CO. Jo Ann served on the Board of Directors for Veriditas during six formative years, is a founding and current member of the Veriditas Council and is the Veriditas US Mountain Area Regional Representative.

**About Veriditas:**

Veriditas is a 501c3 non profit incorporated in the State of California in 1995 by Lauren Artress. The word "Veriditas" originated with Hildegard of Bingen and means "the greening power of life."

Their mission is to connect people to the labyrinth. Walking the labyrinth is a spiritual practice that quiets the mind, opens the heart, and grounds the body. Their vision is that the labyrinth experience nurtures the invisible web of connections between individual destiny and service to others, the global community and the planet.

Veriditas is a unique organization known for offering quality experiences of the labyrinth in workshops and retreats throughout the United States, Canada, Europe, Africa and Australia.