

VERIDITAS PRESENTS

2015 Sydney Labyrinth Events

With the Reverend Dr. **Lauren Artress**

January 29
7 to 9 pm

The Labyrinth: Its History, Mystery and Meaning

Lecture by Lauren Artress at Paddington Uniting Church

Lauren Artress presents the fascinating history of the labyrinth and the story of how she came to work with the labyrinth. The labyrinth, a spiral pathway, can be symbolic of our path in life. It is a way to nourish our inner world. It is not a maze, designed to confuse us, but a flowing path inviting a mystical experience.

January 30
9:30 am to 4:30 pm

The Wisdom of the Labyrinth

Workshop with Lauren Artress at Moore Park Golf

We are very pleased to announce that the Rev. Dr. Lauren Artress will be coming to Sydney in January 2015, where she will lead a workshop entitled "The Wisdom of the Labyrinth". Dr. Artress is a world-renowned authority on the labyrinth and is the Founder of Veriditas, a non-profit organization based in San Francisco, which inspires transformation through the labyrinth experience. www.veriditas.org

The labyrinth is an ancient, archetypal imprint being rediscovered in many cultures around the world and gaining recognition as an effective meditation practice with many different applications. It can be used as a path of prayer and reflection, helping us find forgiveness or quieting the critical inner voices. It can open our hearts in compassion giving us insight into conflict by helping to create context as we literally walk into the bigger picture. It is a sanctuary for the spirit, a truly non-denominational sacred space, which welcomes people of all faiths.

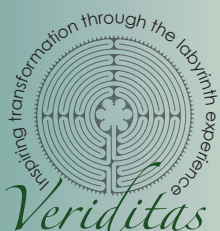
Come and find out about the labyrinth from the woman who kick-started the global labyrinth movement 20 years ago with her book, 'Walking a Sacred Path: rediscovering the labyrinth as a spiritual practice'. It's a wonderful opportunity to deepen your experience of labyrinth walking or to explore the ways you can bring it into your community.

Jan 31 - Feb 1
9 am to 5 pm

Facilitator Training

with Lauren Artress at Moore Park Golf

Learn to offer the labyrinth experience to others in this professional, in-depth, two day training.



For more information,
contact Emily Simpson at: 0439 934 283
or email: emily@foxground.net
or visit www.sydneylabyrinth.org

Register at:

www.veriditas.org