



Press Release

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FOR IMMEDIATE RELEASE

**FREE Labyrinth Class & Facilitated Outdoor Labyrinth Walk
Saturday, 3-22-14 from 10:00 a.m. - 12:30 p.m. (coffee at 9:30)**



Drawing of the Chartres 11-Circuit Labyrinth

Walk your way to mindfulness, inner peace, and well-being. Labyrinth walking, an ancient form of moving meditation, offers stress reduction, contemplation, and increased relaxation. Found all over the world, labyrinths provide space to decompress from the “busy-ness” of life.

Labyrinth walking is a simple tool to help you connect to your internal guidance system and access your creative nature. As a meditative tool it helps you relax and focus your mind.

Join us for an introductory look at this ancient meditative technique.

In this workshop you will:

- Learn the history of the labyrinth
- Learn to draw a labyrinth (no creative ability needed)
- Learn innovative ways to walk and use the labyrinth, and
- Finish the class with a facilitated labyrinth walking experience

coffee served at 9:30 a.m., class starts promptly at 10:00 a.m.

Email Chantel at Chantel@artandsoullab.com or call 877-944-6797 for more information