

At Galilee

Labyrinth Services



The labyrinth is a complex spiral circle. The spiral and circle are the most basic forms found in nature. The labyrinth has been associated with many ancient to contemporary cultures, spiritual traditions and sacred sites around the world. The labyrinth is not a maze; it is a single path, with no dead-ends, cul-de-sacs or other tricks, and is meant to help us find our way, not get us lost. With a long history of use as a tool for self-discovery and

spiritual growth, the labyrinth is re-emerging as a walking meditation tool for relaxation, reflection, personal and professional transformation, and community building. The labyrinth, in both its permanent and portable forms, is increasingly found in churches; hospitals, hospices, and other healthcare facilities; retreat centres; schools; community centres; senior residences and centres; parks and public and private gardens; and the workplace.

Beverly Chen

Veriditas™-Certified Labyrinth Facilitator

Walks/Presentations/Workshops/Retreats/Conferences
Portable & Permanent Labyrinths

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Walking the labyrinth can respond to individual, group and community needs and wants in many ways. It can be a powerful tool for personal healing and growth, helping us to connect more deeply with our true selves and the Divine. It is a right-brain activity for balancing body, mind and spirit. The labyrinth is a practice ground for developing the life skills of self-observation, letting go, becoming centered, opening to insight and inspiration, and choosing actions that align with our wisdom, strengths, and spirituality. Labyrinth walking enhances the flow of intuition and creative energy into our lives, supporting goal-setting, problem-solving, decision-making, artistic expression, etc. Walking with others can break down barriers and be a tool for sharing our life journeys.

Beverly's labyrinth services include the facilitation of group and individual walks; general and thematic presentations and workshops on labyrinth history and uses; and the integration of the labyrinth experience into retreats, conferences, and special events. She is also available for consultation on the creation of labyrinths and labyrinth events. Fees are based on the combination and extent of services requested. Beverly can provide her labyrinth services using Galilee Centre's outdoor labyrinth as well as portable and finger labyrinths that can be used at Galilee or at any outside site or facility.

A portable labyrinth in GC's Conference Room; GC's Chartres-style labyrinth; finger labyrinths



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Galilee Centre

The perfect spiritual setting, year round