

Walking the Labyrinth:

Take A 'Walk' You Will Not Soon Forget!



New,
innovative
training
session!

How is
a labyrinth
used?

What
are
labyrinths?

Have you heard about Labyrinths?

Are you wondering what they are? What they do? How to use one? Why they are so popular? Here is your chance to walk one, and find out for yourself what they are all about.

This unique and intriguing workshop is offered by Paige Stirling Fox, Early Years Specialist with Ontario Early Years: York Region. Labyrinths are currently being used world-wide as a way to quiet the mind, get clarity on a question or decision, and encourage meditation, insight, self-reflection, and stress reduction. Groups of people are using the

labyrinth for healing, community building, and celebration. Schools, child care centres and Family Support Service Agencies are using labyrinths with children to help them balance their energy, focus, and reduce behaviour problems.

Participants will be introduced to the history and various styles of labyrinths. Learn how to introduce children to labyrinths, and use them with the children and families you work with. The workshop includes hands-on experience with finger labyrinths, and culminates in participants taking their own personal walk on a canvas labyrinth. Participants will all leave with a painted canvas finger labyrinth. Whether you have experience with labyrinths or this is your first time, you will be encouraged to move at your own pace and simply enjoy yourself.

Saturday March 3 • 10:30 am to 12:30 pm

ECCDC, 3340 Schmon Parkway, Thorold (Community Boardroom)

\$60 per person includes make and take materials for a canvas finger labyrinth and a nutrition break

Please register by contacting the ECCDC at 905.646.7311 extension 304 or eccdc@eccdc.org