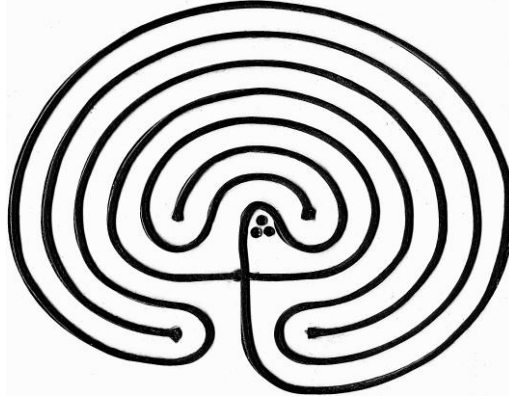


Walking the Grief Labyrinth



What: The journey of grief rarely follows a linear path. Walking the labyrinth offers a structured path where there is time for reflection thereby guiding you gently into the heart of yourself and your grief. We will be creating our own simple finger labyrinths and walking them. This workshop can be very beneficial for self-care, creating a contemplative time for remembering, releasing emotions, and opening to receive love and forgiveness on your own grief journey. This process lowers anxiety levels. You will be able to lead someone else through the labyrinth process upon completion of this half day workshop.

When: Saturday, October 23, 2010

Time: 1 pm – 5:00pm

Place: Living Water Retreat Center, Winslow, Maine www.e-livingwater.org

Cost: \$55 Preregistered by October 18 (\$65 at the door) with materials & snacks
\$5 discount if Certified Hospice Volunteer or Staff

It is a pleasure to attend any workshop presented by Carole Lindroos. She is always well-prepared and organized, calm and thoughtful in conveying the information. The workshop on making finger labyrinths can become a sacred experience in itself because of the care Carole takes in helping the workshop attendees to be comfortable and open to the experience by modeling the same herself. Ann Carson 02/2010

RSVP: Living Water Retreat Center serves sumptuous home-cooked nutritious meals. If you want to come for lunch, please include an additional \$15.00 along with your preregistration fee. It will be a meditative (silent) lunch experience because the Center is holding a Silent Retreat that weekend. If you are taking the EFT workshop along with this one and preregistered by October 18, the total general discounted fee is \$90/\$80 for Certified Hospice Volunteer or Staff.

Please call Lynn Schwarz at Chrysalis Healing Arts 207-622-3355 for more information. Send your pre-registration and optional lunch fee to Chrysalis Healing Arts at 61 Winthrop St. Augusta 04330. Make your check out to: Chrysalis.

Preregister early – Space is limited.

Facilitator: Carole Lindroos, MA LPC has been a grief counselor since 1992 and ten years ago lost her daughter to cancer. She published her first book last year, “Grief Labyrinth: A Mother’s Journey After the Death of her Daughter”. Carole is in private practice in Boulder, Colorado and offers workshops on grief, death and dying. Carole’s website www.clindroos.com.

