

# Labyrinth Workshop

## *Stillness & Attentiveness:* The Gift of the Labyrinth

Friday 3<sup>rd</sup> October 2014, 9.30 am - 4.00 pm,  
Gorslwyd Farm, Tan y Groes, Cardigan, West Wales

It is hard to stay focused in the present. Sometimes the pull of the past and the uncertainty of the future exert a surprising strength. Walking the labyrinth invites us into stillness and attentiveness to the present moment in which our soul may find peace, healing, joy and gratitude. There will be opportunity for journaling, small group sharing and simple art work as well as chance to walk a labyrinth alone with others.

The **Workshop** will begin at 9.30am with registration and finish at 4.00pm.

The day is organised by **Veriditas**, a non-profit organization in the USA specialising in this field and led by the **Rev. Di Williams** who is their UK Master Teacher.

### Registration Fee

The registration fee is \$112.00 (£70.00 / early bird rate £60.00 before June 1st, 2014)

This includes lunch and refreshments during the workshop. Payment for this event is only available by credit/debit card via the Veriditas website. [www.veriditas.org](http://www.veriditas.org)

The workshop is open to all, but particularly serves as the **pre-qualifying** workshop for the **labyrinth facilitator training** weekend immediately following the end of the day workshop. It will be limited to 24 people.

Need more information? Contact Di Williams at [diwilliams.labyrinth@gmail.com](mailto:diwilliams.labyrinth@gmail.com)

Rev. Di Williams is an Anglican priest, adult educator, professional massage practitioner, spiritual accompanier and writer. She leads retreats, workshops, labyrinth facilitator training and is a consultant to emerging labyrinth projects in the UK. In 2008 she was awarded the MBE for services to Higher Education, including her multi-faith and labyrinth work. She is author of 'Labyrinth - landscape of the soul' (2011) and co-editor of 'Working with the Labyrinth: Paths for Exploration' (2013) both available from [www.ionabooks.com](http://www.ionabooks.com).



## Labyrinth Facilitator Training

Saturday 4<sup>th</sup> October, 9:30 am – 6:00 pm &  
Sunday 5<sup>th</sup> October, 9:30 am - 4:00 pm  
Gorslwyd Farm, Tan y Groes, Cardigan, West Wales

Veriditas Facilitator Training remains the most rigorous and comprehensive training offered. This will be a practical training for those wanting to deepen their own knowledge and understanding of the labyrinth and for those who wish to become a Veriditas Certified Labyrinth Facilitator in order to facilitate the labyrinth well for others.

- Registration is on **Saturday 4<sup>th</sup>** at 9.30am. Sessions begin at 10.00am and continue to 6.00pm. There will be a break for refreshments at 11.00am, lunch at 1.00pm and afternoon tea at 4.00pm.
- On **Sunday 5<sup>th</sup>** training will begin at 9.30am and finish with afternoon tea at 4.00pm. Morning break and lunch are as Saturday.

### Registration Fee

The registration fee for Facilitator Training is \$700.00 (£435.00)

Spaces are limited (12) and there is a separate application process (from the workshop application) on the Veriditas website [www.veriditas.org](http://www.veriditas.org).

Need more information? Contact Di Williams at [diwilliams.labyrinth@gmail.com](mailto:diwilliams.labyrinth@gmail.com)

### Booking Accommodation:

Both events (Day Workshop & two day Training) are being held at Gorslwyd Farm, Tan y Groes, Cardigan, West Wales SA43 2HZ

Accommodation is not included. To book B&B/ Evening meal accommodation at Gorslwyd Farm visit <http://www.gorslwyd.co.uk/contact-us> Early booking is recommended.

