

Jo Ann Mast

Veriditas Master Teacher | Speaker | Workshop Facilitator



In the last decade the labyrinth movement has grown exponentially, offering support in our search for meaning in life. Jo Ann understands the critical need to nurture the soul, often neglected in the prevailing logic and chaos of modern times.

Jo Ann Mast

Veriditas Master Teacher

Labyrinth: Speaker ~ Workshop Leader ~ Facilitator Trainer

Leading labyrinth workshops in creativity, wellness and sacred relationships with self and others.

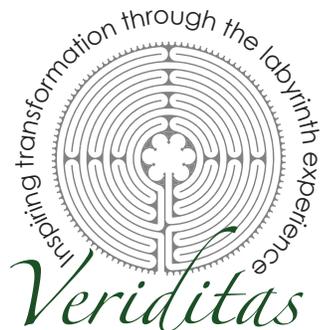
Veriditas offers the most rigorous and comprehensive facilitator training for people interested in sharing the labyrinth with others.

"Jo Ann is an outstanding facilitator, light hearted as well as deep hearted."

~ Michelle, workshop participant

"The depth and diversity of Jo Ann's labyrinth work reflects her unique role in the early days of the labyrinth movement unfolding through the vision of Veriditas."

~ Lauren Artress, Founder, Veriditas



Labyrinth facilitator Jo Ann says, "Putting one foot in front of the other creates a calming rhythm and surreal energy to help you reach self-renewal."

"Jo Ann's graceful and insightful teaching bring the labyrinth experience to life."

~ Lisa, workshop participant



To book Jo Ann to share this ancient practice for healing and clarity, contact:

Veriditas | 707-283-0373 | dawn@veriditas.org

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Biography

“I believe that to explore the human spirit through labyrinth walking empowers us to fully engage in our work, our relationships and deepest desires.”

Jo Ann has been involved in the labyrinth movement since the early days, working closely with the Rev. Dr. Lauren Artress, the founder of Veriditas and the worldwide leading force in the use of the labyrinth as a spiritual practice. For more than 14 years, Jo Ann worked extensively with Lauren, traveling the US and France and opening the minds and stirring the hearts of people through sharing the benefits of the labyrinth as a personal practice. Jo Ann served on the Board of Directors for Veriditas during six formative years, is a founding and current member of the Veriditas Council and the US Mountain Regional Representative for Veriditas.



After her apprenticeship with Dr. Artress, Jo Ann was the first to be selected as a Master Teacher for Veriditas. As a Master Teacher, she has led labyrinth workshops and facilitator trainings in Canada and the US. Jo Ann resides in Boulder, Colorado where she designs and leads labyrinth events, programs, retreats, and ceremonies celebrating life transitions. She advises and consults on a variety of major labyrinth projects.

Jo Ann's extensive community involvement includes:

- Featured speaker at the International Institute of Cultural Affairs
- Theologian in Residency for the First United Methodist Church of Boulder
- Consultant for GAIAM, national lifestyle media company
- Featured Speaker at Naropa University
- Lecturer for Spiritual Direction Program at Iliff Theological Seminary at Denver University
- Founder of the Colorado Labyrinth Community
- International Labyrinth Society

Jo Ann integrates labyrinth work with life experiences including her depth of knowledge accumulated during a 25-year professional business career. Jo Ann's study focus was history and business management at the University of Washington and completed graduate studies in Modern Organizational Development through New York University. In 2000, Jo Ann left the corporate world to pursue her passion and commitment for teaching and sharing the labyrinth with others. Jo Ann finds new ways to open hearts and minds to the unlimited opportunities of walking the labyrinth.

“Thank you for deepening my experience with the labyrinth and challenging me to meet myself.”

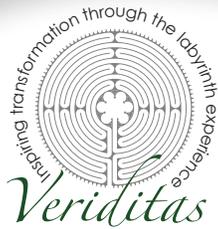
- Amy, facilitator training participant

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Lauren Artress founded Veriditas, a non-profit dedicated to inspiring personal and planetary change and renewal through the labyrinth experience. Veriditas is a unique organization known for offering in-depth psycho-spiritual experiences in the labyrinth. The labyrinth becomes a metaphor for walking a spiritual path together with others.

Veriditas offers quality experiences of the labyrinth in sacred spaces by way of workshops and retreats throughout the United States, Canada, Europe, Africa and Australia. Veriditas signature programs are:

- Semi-annual Pilgrimages to **Chartres** Cathedral, Chartres, France
- Semi-annual Urban Pilgrimages to **Grace Cathedral**
- **Sponsored Workshops** by request offered by Lauren Artress and Master Teachers trained by Lauren
- **Labyrinth Facilitator Training**, a unique professional training for those interested in facilitating the labyrinth experience for others

For more information about Veriditas programs, please visit www.veriditas.org

Veriditas program participants say the labyrinth experience:

- "Opens my heart"
- "Centers and grounds me"
- "Helps me know that there is a pattern of organization at work in the chaos of the current world"
- "Receives my grief and pain and allows for its release"
- "Connects me to that which is greater than me"
- "Gives me creative insight to solve the problem I'm working on"
- "Balances my energy"
- "Revitalizes me to take on the rest of my life"
- "Connects me to others walking"
- "Is my path of prayer"
- "Provides me with inner guidance"
- "Gives me hope"



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And about the Chartres experience:

"The time I spent with you in Chartres was one of the most meaningful times in my life."
"A very moving and powerful experience!"

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Labyrinth Talks & Workshops

All titles are available for Lectures or Workshops. Talks are available in one hour lecture format followed with a labyrinth walk. Workshops are offered as partial or full day experiences and customized to meet the needs of your community.

The Art of Labyrinth Walking

In our rocket-speed world, we need simple, beautiful places like the labyrinth to draw us in by the art of its ancient pattern. Jo Ann guides you in a journey to discover your compassionate heart.

A Peaceful Walk in Difficult Times

Grieving is a natural response to an ending---expected or unexpected. Taking your sadness into the labyrinth offers peace and comfort. The soul can mourn and heal in the safety of the labyrinth.

Sparking a Creative Life on the Path

Move from chaotic energy to creative energy with Jo Ann as she guides you through the labyrinth. This workshop opens new channels of creativity sparking the release of the divine imagination.

"I found the whole experience memorable and engaging. Jo Ann is an inspiring leader, a nice balance of seriousness and lightness.

I found myself energized."

~Laura, workshop participant

"Using the labyrinth walks to demonstrate and integrate the concepts was an effective teaching tool."

~ Cheryl, workshop participant

Inviting Creative Change: Through the Labyrinth

Jo Ann leads you through an inner journey to identify the big life changes you didn't see coming. Inviting you to embrace these and discover the creativity and strengths that lead to the fullness of who you are.

Using the Labyrinth for Integration and Balance

Often we separate our thinking head and our emotional body. Jo Ann invites you to walk the labyrinth to re-connect with your spirit and discover your true reflection -- clear, precise and directed.

Labyrinth Walks in Partnership with Spirit

Our relationship with the labyrinth mimics our relationship with others and self. The labyrinth provides a safe place to reemerge with a new passion for our relationship with spirit.



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