

Kayleen Asbo

Veriditas Master Teacher | Workshop Facilitator | Professor | Mythologist



Since ancient times, the labyrinth has been used as a tool of sacred practice – a way to center the mind, connect to the spirit and reflect upon life. The labyrinth walk allows everyone to recognize universal patterns in their lives and strengthen the connection between the head and the heart.

Kayleen Asbo

Veriditas Master Teacher

Workshop Facilitator ~ Labyrinth Facilitator Trainer ~ Professor ~ Mythologist

Leading labyrinth workshops that deepen the connection between the intellect and the spirit.

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

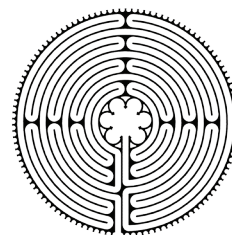
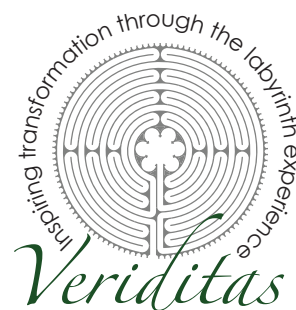


"Kayleen is the most enthralling teacher I have ever had - she is in a class by herself. If all teachers were like her, we would all be grateful students for life"

"It is no exaggeration to say that what Kayleen taught me has changed the way I see the world."



"Kayleen is a truly gifted teacher. She knows how to break things down so the rich content she offers can easily be grasped by both the mind and the heart."
~ Lauren Artress, Founder, Veriditas



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

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

Kayleen Asbo

Veriditas Master Teacher | Workshop Facilitator | Professor | Mythologist

Biography

"I believe the labyrinth walk allows participants to recognize universal patterns that are reflected in their own lives: The mirror for understanding the archetypal struggles within each of us."

"I learned so much more than I expected- not just the stories, art and history- - which was fascinating—but I came away from this workshop with a deeper sense of self knowledge and understanding. I will be using what I learned for the rest of my life"

-Dante Workshop participant



Kayleen Asbo is a cultural historian, musician, writer and teacher who weaves together myth, history, and the arts with experiential learning. Trained as a Master Teacher by the Reverend Dr. Lauren Artress, Kayleen has produced countless labyrinth walks and workshops for retreats, colleges, churches, schools and community groups. She also returns to France almost every year to facilitate Veriditas' pilgrimage at Chartres Cathedral, where her research interests of Medieval history, art and music, Ancient Greek myth and Christian mysticism are all joyfully gathered together. She has conducted retreats and workshops on the subjects of Mary Magdalene, Benedictine Spirituality, Hildegard of Bingen, Julian of Norwich, Dante and TS Eliot- all of which include art, poetry, history, music, movement and personal reflection with the labyrinth.

Kayleen Academia

- Teacher of Psychology & Art Therapy at Sonoma State University
- Professor of music and developmental psychology at the San Francisco Conservatory of Music
- Lecturer on Cultural History and Mythology at Dominican University for the Osher Life Long Learning Institute
- Three master's degrees (in psychology, mythology and music)
- Doctoral candidate in Mythological Studies with an emphasis in Depth Psychology at the Pacifica Graduate Institute

Kayleen Distinguished engagements

- Guest lecturer at the Assisi Institute of Depth Psychology Conference in Assisi, Italy, Chartres Cathedral in France, Grace Cathedral in San Francisco, the Graduate Theological Union in Berkeley, the Institute for Transpersonal Psychology
- Lecturer on the intersection of spirituality, psychology and the arts at Harris Manchester College at Oxford University in England
- Music director for Taize services in San Francisco Bay Area, including at Grace Cathedral, Santa Sabina Retreat Center and the Numina Center for Spirituality and the Arts
- Choir Director and leader of Julian's Way, a contemplative community at St. John's Episcopal Church in Petaluma



"In over thirty years as a teacher and a trainer of teachers, I have rarely seen an educator as gifted, effective and creative as Kayleen Asbo... Kayleen's presentations are literally a dazzling weaving together of her passion for the arts, myth, story, her extensive knowledge of psychology, human development and history.

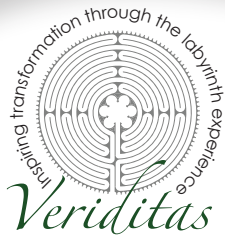
Most importantly, she has a remarkable ability to not only inform her listeners, but to touch their hearts as well"

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

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

Kayleen Asbo

Veriditas Master Teacher | Workshop Facilitator | Professor | Mythologist



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"



© Cindy A Pavlinac/ Sacred-Land-Photography.com



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!"

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

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

Kayleen Asbo

Veriditas Master Teacher | Workshop Facilitator | Professor | Mythologist

Labyrinth Talks & 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 Road Not Taken:

Individuation and the Spiritual Path

Each of us develops a way of meeting the world that relies on our strongest function- Thinking, Feeling, Sensing or Intuition. Two others become supporting aspects of our ego, but the fourth remains weak and undeveloped. Depth psychology teaches us that this "inferior" fourth function, when activated in midlife, can become the portal to the numinous, the doorway that connects us to ecstatic transformation and our higher self, and the pathway to wholeness. Join Kayleen Asbo for this weekend urban pilgrimage where we will explore the theme of personal transformation through the "path not taken".

Holy Longing

How do our deepest desires guide us towards the Sacred? With the wisdom of Teresa of Avila and John of the Cross to guide us, we will explore the rich and fertile terrain of longing- through meditation on the poetry of Rilke Rumi and Goethe; art making and labyrinth walking.

Dante's Divine Comedy: A Map for Midlife

An exploration of one of the world's greatest literary masterpieces, focusing on the imaginal vision that Dante created, and how his story has continued to inspire extraordinary painting, poetry, music and sculpture throughout the ages. A perfect introduction to Dante - no reading, no homework, just a deep dive into the story through art, music and personal reflection.

The Art of Soul:

Alchemy and the Transformation of the Heart

Medieval alchemy was a symbolic quest to understand the process of spiritual transformation, as the individual moves through the stages of falling apart, dissolving an identity, coming to new consciousness and reconciling opposites. In this workshop, we'll explore the alchemical pathways through the writings of Medieval alchemists and the psychologist Carl Jung- as well as see how the pathway is reflected in art, music and movies from Mozart's Magic Flute and Beethoven's Ninth Symphony to the Wizard of Oz.

Ariadne and the Labyrinth

The earliest Minoan and Greek myths have much to teach us about the journey of the soul. Through story and masterpieces of art, we'll encounter Ariadne, the Princess of the Labyrinth, and how her journey from daughter of a dysfunctional family to bride of a god is a mirror for our own transformation.

The Myths of Mary Magdalene

Meet Mary Magdalene as she has appeared throughout history in legends, stories, music and images. Through visual meditations, writing practice and contemplative discussion, we will find and cherish the Magdalene inside ourselves.



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

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