



The Hartford Branch of the Connecticut Holistic Health Association

Presents

Labyrinths: Energetic Healing Tools for Today

New Labyrinth Designs and Ways to Use Them to Enhance Healing for Ourselves and Our Clients

A hands-on workshop by Greg Coleman, Master Labyrinth Designer & Artist

This workshop introduces labyrinths as tools that can assist us in our practice and assist our clients in their healing. The topics of discussion and experiences will include:

- What is a traditional labyrinth? How can I draw one?
- What is a new labyrinth design and how are they created?
- What are the roles of intention and attention in labyrinth design and healing?
- Working with specific finger labyrinths and experiencing how they affect you .
- How to use a labyrinth in your practice.

Greg Coleman, MS, MFA, is the owner of Heartstone Labyrinths™, LLC, a poet and writer, and a master labyrinth designer and artist who has created over 70 Intentional Labyrinth designs each with its own handbook that describes its intention and how to use it. The designs are created to help individuals and groups work with particular physical, emotional, and spiritual concerns. He creates indoor and outdoor labyrinths. He is a Reiki Master who creates essential oil blends to accompany some of his labyrinth designs. He has created two forms of energy bodywork: Feng Shui Body Work™ and Intentional Labyrinth™ Energy Bodywork. He has given workshops in high schools and colleges, hospitals, and at wellness fairs in Connecticut, Massachusetts, New York, and Rhode Island. He has been a presenter at the gatherings of The Labyrinth Society, an international organization, from 2000-2003 and at the New England Labyrinth Guild for the past three years. He lives in Guilford, CT where he creates new labyrinths, gives workshops, and works with individual clients.

When: Thursday, November 18, 2004

Where: UConn Health Center, Farmington, CT. Tel. 860-679-2000

Time: 7 - 9 PM Cost: Free for members; Non-members: \$5.00

Directions: Proceed to Friends Conference Room. The room location has not yet been assigned. You will be directed to the correct meeting room. When entering the driveway of the UConn Health Center proceed to the main hospital building. Bear right at the fork so that you are on the West side of the building. Enter the Academic entrance. Go up one flight of stairs. At the top of the stairs, do an about face. Walk toward the inner court windows. Take a right into the hallway. Friends Conference Room is the 2nd door on the right. Contact: For more information about ongoing CHHA lectures around CT, visit CHHA online at www.cthha.org