

# Spring Labyrinth Day: Walking the Walk



Saturday, June 9, 2012  
Cheryl Jones, Presenter  
10:00 a.m. - 5:00 p.m.  
*Offering: \$45, includes lunch*

Spend a day transforming the ordinary movement of walking into an extraordinary prayerful experience. The labyrinth at Holy Family is an ancient symbol of wholeness and a metaphor for life's journey to God. For centuries, pilgrims have convened at labyrinths created in stone on the floors of Gothic cathedrals. Unlike a maze, a labyrinth has only one path leading from its entrance to its center and back out, albeit a winding route. The labyrinth walk reminds us to trust that the winding path of our lives truly leads to God, the center of our lives. This retreat will focus on the three stages of the labyrinth walk: Purgation (Emptying), Illumination (Receiving), and Union (Returning). Walkers enter the labyrinth releasing the cares and concerns of their lives; the center is a place of prayer to receive God's gifts; the return walk out of the labyrinth reminds us that we are joined with God's healing power at work in our lives.

Known best for her book/CD *Mindful Exercise*, former celebrity fitness trainer **Cheryl Jones** is one of the most credentialed wellness coaches in the nation. She holds a Master's degree in Exercise Science from the University of Connecticut and a Certificate in Spirituality from St. Joseph College. She has completed extensive training in Mindfulness-Based Stress Reduction at the University of Massachusetts Medical School. Currently, Cheryl is the Wellness Program Clinical Design Lead at Aetna.



## REGISTRATION FORM

Name ..... June 9 - Spring Labyrinth Day

Address .....

City ..... State ..... Zip .....

Phone ..... Email .....

Parish ..... Town .....

My \$45.00 offering is enclosed.  
I also include \$.....for those needing financial assistance to attend retreats.

Mail Reservation Form and Offering to: **Holy Family Passionist Retreat Center**  
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