



A Pilgrimage To Your Source

*Labyrinth Walk and Yoga Nidra
Saturday, October 9th 2010
1:00pm- 4:00pm*

Join us for an afternoon of discovery! An opportunity to explore our spirituality, look more deeply at the mysteries in our lives and take the time to commune with spirit.

Walk the Labyrinth outdoors among beautiful acreage at Loretto Center in Wheaton. The slow movement and meditative tone of walking the labyrinth helps to quiet the restless mind, often bringing clarity, inner peace and revelation. (Indoors if raining)

Yoga Nidra is an ancient practice of guided meditation done lying down. Yoga Nidra (sleep with awareness) fosters deep relaxation which enables the body to carry out it's natural healing more efficiently. With the use of intention Yoga Nidra can be a powerful tool for change.

Patti Essig certified yoga instructor, author, and pilgrim will facilitate the meditative afternoon session.

*Register by calling Loretto Center at 630- 653- 7918.
Cost: \$30 before September 9th, \$35 after September 9th*

For directions to Loretto Center go to www.lorettocenter.org

Bring: Journal, blanket to lie on, a small pillow, and whatever you need for comfort.

Breathe Relax Let Go!