

COMING UP

Events in Whitchurch-Stouffville

EDITOR'S PICK



Sanctuary is a labyrinth in Newmarket built by organizers of a seminar coming to Stouffville next month.

Take a journey in a labyrinth

BY SANDRA BOLAN
Staff Writer

Travelling to holy sites to take part in a pilgrimage, for many people, is not possible. However, those who wish to take a symbolic pilgrimage can do so by walking a labyrinth.

"It's a metaphor for the journey of life," said April Hoeller of labyrinths.

Ms Hoeller is the co-founder, along with Ruth Roguszka, of the Sacred Circle Company, which will hold a seminar — History, Mystery and Soul — at the Latcham Gallery on March 8 about labyrinths.

A labyrinth is a single-pathed unicursal with only one way into the centre, unlike a maze, which is purposefully confusing and full of dead-ends.

"There is a balance to the mathematics of a labyrinth," Ms Roguszka said.

Which is why labyrinths have been associated with reducing stress and have, therefore, been created outside hospitals and prisons, as well as in open public places and at churches.

Anecdotal evidence also lays claim to labyrinths benefitting patients

with Alzheimer's, dementia and Parkinson's disease.

"It's a calming, quiet experience that allows the intuitive side of the mind to be heard," Ms Roguszka said.

Labyrinths may be associated with connecting to one's soul or inner spirit, however they are not affiliated with any religious denomination.

The workshop will not only give people an insight into the ancient and modern uses of labyrinths, but Ms Hoeller and Ms Roguszka will also show participants how to draw a labyrinth.

"You can draw your own labyrinth, walk it with your pen and get some of the calming, stillness benefits that walking a labyrinth provides," according to Ms Roguszka.

History, Mystery and Soul takes place March 8 from 10 a.m. to 3 p.m. at the Latcham Gallery.

The cost is \$55 before Feb. 27 and \$65 after that date, plus GST. Refreshments and study guide will be provided.

For information, contact www.sacred-circle.ca, 905-716-9620.



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