
Presenters

Aromatherapy, EFT & Tai Chi

Deborah Yaffee, CH, CN, *Certified Instructor Tai Chi for Health programs, Veriditas Certified Labyrinth Facilitator*

Creative Writing

Cathy Rigali, L.P.N; Donna Zucker, RN,PhD -*certified instructors in the Pat Schneider {Amherst Writers and Artists} creative writing program*

International Dances of Peace

Roberta Mulcahy, MA, SSJ *Ecology Coordinator, Facilitator of Dances of Peace*

Meditation

Elise Schlaikjer, *Spiritual Facilitator*

Wellness through the Labyrinth

Lorraine Villemaire, MA, SSJ, *Veriditas Certified Labyrinth Facilitator*

Yoga

Lauri Deary, RN, *certified Yoga instructor*



Labyrinth Connection of Western Massachusetts Membership Form

Name

Address

City, State, Zip

Email

Membership Dues \$15.00/year

Check payable to:

LCWM c/o Lorraine Villemaire

32 Lower Westfield Rd. Apt. 210

Holyoke, MA 01040

THE LABYRINTH CONNECTION



OF WESTERN MASSACHUSETTS



The Labyrinth Connection
of Western Massachusetts
presents

Spiritual Spa Day

April 5, 2014

9:00am-3:30 pm

Awarding 4.7 Nursing
CEUs



Walking a Peaceful Path



Spiritual Spa Day

Join us for a day of relaxation and rejuvenation. Attendees will have a choice of five different workshops to attend over the course of the day. A tasty, healthful lunch will be provided.

Participants will have a choice of attending three workshops in the morning and two workshops in the afternoon. Depending on interest levels and number of attendees, we will try our best to accommodate requests. Workshops will be 45 minutes in length.

The indoor portable labyrinth and, weather permitting, the outdoor labyrinth will be available for walking during the day.

Morning workshops:

- Tai Chi
- Meditation
- Yoga
- Creative Writing
- Emotional Freedom technique (EFT)

Afternoon workshops:

- Creative Writing
- Dance
- Labyrinth Walk
- Aromatherapy

Date: Saturday, April 5, 2014

Time: 9:00AM-3:30PM

Location: Mont Marie Senior Residence

32 Lower Holyoke Road
Holyoke, MA

Cost: \$25 LCWM members
\$35 Non-members
\$45 Late and at the door

Includes lunch and snacks

To register by 3/29 please complete the registration form, make check payable to Lorraine Villemaire c/o 32 Lower Westfield Rd. Apt. 210 Holyoke, MA 01040; 413-532-6134; villemaire341@verizon.net

Sponsored by

Labyrinth Connection of Western Massachusetts

Hosted at Mont Marie

With Gratitude to

Beta Zeta At-Large Chapter, The National Honor Society of Nursing, Sigma Theta Tau, Intl.

Registration Form

Name _____
Address _____
City, state, zip code _____
Phone _____
Email _____

Please indicate below your top three choices of workshops for the morning

Please indicate below your top two choices of workshops for the afternoon

Registration Deadline 3/29/14

