

Summer Solstice 2020 - Vancouver Island Labyrinth Pilgrimage, British Columbia, Canada



June 19th-24th

...A mindfulness journey in a landscape that nurtures the soul.



Welcome to the magic of Vancouver Island! Be prepared for a transformational travelling labyrinth retreat that supports mental, emotional, physical and spiritual health and well-being. Join Holly and friends, in cooperation with Bethlehem Centre in Nanaimo. Vancouver Island hosts more than 60 labyrinths and we will be walking many of these winding circular peaceful pathways celebrating Summer Solstice 2020.

It is as simple as putting one foot in front of the other. Join us for an awe-inspiring and life changing journey of connection, conversation, compassion, mindfulness, relaxation, laughter and labyrinths, as we travel this unique island eco-system. We will engage all of your senses through movement, music, meditation and stillness...Do you feel the calling?

Some highlights include: The Therapeutic Equine Labyrinth & Medicine Horses in Coombs, The World's First Godden Finger Labyrinth Museum & the 11 Circuit Chartres Replica Labyrinth at Bethlehem Centre in Nanaimo, Paint Life Laughing Labyrinth in Qualicum Beach, The Parksville Community Park Legacy Labyrinth, West Coast General Hospital Circle of Peace Labyrinth & STAR Labyrinth in Port Alberni, building beach labyrinths with Janett & Jerry E, O.U.R Ecovillage 7 circuit labyrinth, Sacred Fire & more!

For inquiries contact Holly at pathways2wellness@bell.net or 250-927-3730.

Early Bird Rates before March 1st 2020. 12 spots. Register at

<https://bethlehemcentre.com/events/vancouver-island-labyrinth-pilgrimage-2/>



Your Vancouver Island Labyrinth Pilgrimage will begin on Friday June 19th, 2020 at 10am. Meet us in Nanaimo, British Columbia at The Bethlehem Centre, on Westwood Lake at the foot of Mount Benson. The Bethlehem Centre www.bethlehemcentre.com welcomes people from all belief systems, from all over the world. A full size 11 Circuit Outdoor Chartres Style Labyrinth awaits. We will be enjoying 3 nights of accommodation and delicious meals in this sanctuary. You can visit the Godden Memorial Wooden Finger Labyrinth Museum that displays replicas of ancient and modern-day labyrinths created by 91 year old craftsman Bill Godden before he passed in March of 2016.



An Introduction to the Health and Wellness benefits of the Labyrinth and a “Laughter and Labyrinths” experience will be facilitated by Occupational Therapist, Veriditas Certified Labyrinth Facilitator, Laughter Yoga Leader & Labyrinth Pilgrimage Co-ordinator Holly Carnegie Letcher www.pathways2wellness.ca . An afternoon of connecting, journaling, reflecting, exploring, settling in, resting and walking labyrinths is planned.

A Nanaimo and national treasure; keynote speaker and local labyrinth author Carol Matthews will engage us in an intimate and thought provoking evening address. Her newest edition of *Questions for Ariadne: The Labyrinth and the End of Times* will be available for signing.



This will be followed by a magical new moon evening on the outdoor Labyrinth with ethereal musicians/vocalists Mikeoula www.mikeoula.com playing keyboard and crystal quartz bowls. This evening is open to the public.



Welcome Summer Solstice! Saturday morning begins our travelling pilgrimage with a visit to the Oceanside Hospice Labyrinth in Qualicum Beach. We will then move on to Carrie and David's Peace Labyrinth Garden where we will participate in a Mandala Painting Workshop with Carrie at her www.paintlifelaughing.ca studio. We will enjoy a delicious organic lunch in their garden, with a view of the Salish Sea.



As we travel mid-way across Vancouver Island, we will stop at the magnificent Cathedral Grove breathing in the 800 year old Douglas Fir and Red Cedars. It takes 9 people hand-in-hand to hug some of these ancient giants!



The Circle of Peace Labyrinth (Design by Lisa Moriarty) at West Coast General Hospital in Port Alberni was completed in 2012 with opening ceremonies held on National Indigenous Peoples Day and the Summer Solstice. This labyrinth supports patients, families and health care providers as they navigate a sometimes difficult journey. Nestled behind physiotherapy and in-patient psychiatry, the forest provides a welcome backdrop.



We will spend the Solstice evening and overnight at Georgina's Star House Retreat Centre in Port Alberni. At this rustic and eclectic gathering place in the woods, you will enjoy dinner, drum circle with Sasha, and a drum journey meditation with Meika. Georgina and Daniel's Star Labyrinth is awaiting you as we celebrate the light, the longest day, the change of seasons and the changes in our lives. This 5 circuit pentagon star labyrinth was created with permission from Tony Christie of Ireland. Tony designed the Labyrinth Wisdom Card Deck and his "safety" labyrinth card is now a full-sized walkable labyrinth, completed September 19, 2019.



On Sunday morning, we will continue on this amazing journey of growth and transformation to the Butterfly Therapeutic Equine Labyrinth and the Medicine Horses with Halliday Walsh in Coombs.



www.facebook.com/ChironDraftPower.

You will have the unique opportunity to enter the round pen for a facilitated discussion and demonstration of the equine-facilitated healing work of Chiron Medicine Horses www.chironmedicinehorses.ca . These magnificent creatures work with you to balance your chakras supporting healing, communication and emotional release. The 42 m diameter equine labyrinth is 1km to the centre and back. There are only a few equine labyrinths in the world. Leading a medicine horse or simply walking yourself through, will take you past Findhorn Flower and Gem essences that are planted along the path. Courage, strength, wisdom and love are some of the intentions represented here. We will participate in sacred ceremony in the centre.

Afterwards, we will visit the infamous “Goats on the Roof” in Coombs and enjoy a delicious family style lunch (cost not included).

Holly was the Co-ordinator/designer of The Parksville Community Park Legacy Labyrinth Project. Together, alongside volunteer artists, community members and the City of Parksville; this labyrinth was created for the 15th Annual Labyrinth Society Gathering, *Labyrinths for Global Healing, Landscapes for the Soul* in 2013.



During the afternoon, we will experience Naam Yoga <http://naamyogaofficial.com/new/> on this unique labyrinth with instructor Sharron Hudson. (Designers: Holly & Crystal B)

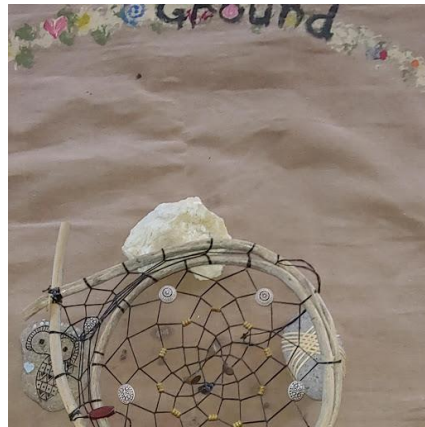


Next we will learn to draw and build sand labyrinths on this magnificent beach with Holly and labyrinth builder and designer Jerry Etzkorn. We will return to Bethlehem Centre afterwards for dinner and slumber.



Monday is a quieter day for reflection, journaling, sharing circles, music & meditation, with the opportunity to experience Emotional Freedom Technique™ and other stress management techniques with Holly at Bethlehem Centre.

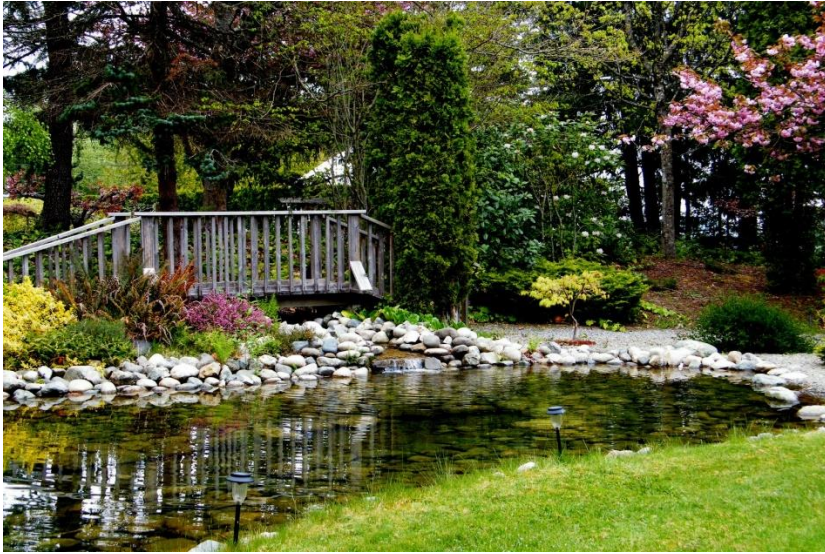
We will take *A Sacred Journey with Serena Winterburn*, First Nations Dreamer, Healer and Teacher. This experience may include Animal Spirit Guides, the Medicine Wheel and a Dream Journey as we learn about ancient sacred traditions on Holly's Pachamama canvas labyrinth.



In the late afternoon, we will walk the Trailing Ivy labyrinth in the chapel with Worldbeat Music Medicine Artists MJ Vermette and Dean Richards from SacredFire www.sacredfiremusic.com. They will share *The Power of Sound: Sacred Healing Journey* with a Live Music Meditation. In an intimate, relaxed atmosphere, you will experience grounding, healing sounds, visualization, meditative drumming & intuitive sacred chants. You will also experiment with hands-on Sound & Energy self-care practices to benefit health, balance and self-awareness, and develop your innate ability to use your heart intelligence to attain a state of stillness; to restore & shift your energy.



After dinner you will have time to journal, wander, relax and reflect.



We will be packing and departing from Bethlehem Centre on Tuesday as we travel towards the south of Vancouver Island. We will visit the new Rotary Park Labyrinth in Chemainus, “The Town of Murals”. www.muraltown.com .

We will continue on to Providence Farms <https://providencefarm.wildapricot.org/> near the quaint west coast seaside village of Cowichan Bay, B.C. Providence Farms “provides a variety of innovative programs for individuals with mental health or developmental challenges. Programs include horticultural therapy, art, woodworking, nutrition, gardening and landscaping, and textiles, just to name a few. We believe that caring for the land together is healing and therapeutic. We are a place for those who have difficulty in the mainstream to grow and be a part of a community.” In 2017, The Providence Farm community developed a healing garden in the form of a 7 circuit living labyrinth.



We will stop to explore the quaint village of Cowichan Bay for lunch (separate cost) and conversation with Patricia Lyster. You may have a chance to quietly observe the heron nesting grounds. Shhhhhhh.

Sylvan United Church Labyrinth is a Chartres Style. As you walk the path, listen carefully to the river flowing. We may have the opportunity to spend time with Reverend Murray Groom who will facilitate a discussion on Pilgrims.

We will then visit O.U.R. Ecovillage <http://ourecovillage.org> near Mill Bay, B.C . This is a conscious community practicing kindness and mindful living. It is a flagship 25 acre sustainable learning community rooted in social, ecological, and economic well-being. It is based on permaculture principles of natural building, sustainable food production and leadership. We will enjoy a “Zero Mile” dinner, tour, labyrinth walk and a very special closing ceremony celebration on Vision Hill! We will spend our final night together in comfortable dorm-style accommodations.

(Private and double room upgrades available through <http://ourecovillage.org>)



After a delicious zero-mile breakfast you may choose to explore the grounds before we depart at 10:30am on Wednesday June 24th, 2020. Our Labyrinth Pilgrimage journey ends here, but the friendships may last a lifetime!

We will be stopping at Bethlehem Centre in Nanaimo, on our way back “up” island, so you may arrange with Holly for a ride. You may also choose to travel south to the beautiful capital city of British Columbia, **Victoria**, via carpool or bus. **OR** you may choose to spend another night or two integrating, resting and reflecting on your Labyrinth Pilgrimage before stepping forward into your life. Both OUR ecovillage and Bethlehem Centre have availability if you book in advance. *Pilgrimage events may be subject to change.



There will be time for stillness, breath and laughter, connecting us all during our journey together. This is an opportunity for personal and interpersonal transformation as we place one foot in front of the other.

Wishing you peace, joy, good health & wonder on your path, Holly



Holly Carnegie Letcher BSc(OT), Occupational Therapist, Veriditas Certified Labyrinth Facilitator,
www.pathways2wellness.ca

Labyrinth Pilgrimage Journey Summer Solstice 2020 (June 19-24th) includes:

5 days/5 evenings full programming and transportation during pilgrimage, 2 breakfasts, 2 dinners, 1 lunch and snacks during all of our "On-the-road events" (2 restaurant lunches not included), 1 overnight dorm accommodation at Georgina's Star House in Port Alberni, 1 overnight dorm accommodation at OUR Ecovillage near Shawnigan Lake **AND** 3 nights accommodation, facility use and 8 nutritious meals at Bethlehem Centre in Nanaimo.

Early Bird Pilgrimage Journey + Bethlehem Shared Room _____ \$600 deposit now, _____ \$1175 due before March 1st, 2020

Between March 2nd-May 19th, 2020 _____ \$1975

Early Bird Pilgrimage Journey + Bethlehem Private Room _____ \$600 deposit now, _____ \$1240 due before March 1st 2020.

Between March 2nd-May 19th, 2020 _____ \$2040

If you would like to arrive early, Bethlehem offers:

Pre- Pilgrimage Wednesday June 17th _ 150\$/night with lunch, dinner, Thursday breakfast

Thursday June 18th _ 150\$/night with lunch, dinner, Fri breakfast

Our Labyrinth Pilgrimage ends at OUR Ecovillage on Wednesday June 24th, 2020 at 10:30am .

We will be stopping at Bethlehem Centre in Nanaimo on our way back "up" island, so you may arrange with Holly for a ride. You may also choose to travel south to the beautiful capital city of British Columbia, Victoria, via carpool or bus.

OR you may choose to spend another night or two integrating, resting and reflecting on your Labyrinth Pilgrimage before stepping forward into your life. Both OUR Ecovillage and Bethlehem Centre have availability if you book in advance.

Post- Pilgrimage Bethlehem Centre:

Wednesday June 24th _ 150\$/night with lunch, dinner, Thursday breakfast

Thursday June 25th _ 150/night with lunch, dinner, Fri breakfast

Or

Stay another night or 2 at **OUR Ecovillage** Wednesday June 24th, <https://ourecovillage.org>.

Registration through Bethlehem Centre <https://bethlehemcentre.com/events/vancouver-island-labyrinth-pilgrimage-2/> or www.bethlehemcentre.com

Inquiries to Holly at holly.pathways2wellness@gmail.com www.pathways2wellness.ca
250-927-3730

Cancellation Policy for Labyrinth Pilgrimage June 19-24th 2020: You will receive a full tuition refund minus 20% (cancellation fee) if you cancel before March 22, 2019. **After that date your payment is nonrefundable.**

However, the registration (minus the cancellation fee) may be applied to other joint Pathways2

Wellness/Bethlehem Centre events **within two years** from the date of the event that the participant is cancelling.

After two years from the date of cancellation, no rescheduling of an event is possible, and the entire original registration fee is forfeit.

*We have up to thirty days to refund the amount owed to the participant.

*For any other dates of stay booked with Bethlehem Centre their cancellation policy applies.

Transportation: Travelling by airplane or ferry to Vancouver Island, B.C. Canada?

Fly in to Nanaimo International Airport – Airport shuttle takes approximately 20 minutes to get to Bethlehem Centre.

Or Ferry www.bcf ferries.com to Vancouver Island

From Horseshoe Bay Ferry (West Vancouver) to Departure Bay (Downtown Nanaimo).

Taxi from Ferry terminal is approximately 10min to Bethlehem Centre.

Or Tsawwassen Ferry (Vancouver) to Duke Point (South Nanaimo)- taxi is approx. 20 minutes to Bethlehem Centre.

After our Vancouver Island Pilgrimage, you may decide to visit the beautiful capital city of British Columbia- Victoria www.tourismvictoria.com . (1.5 hours south of Nanaimo by car/bus). You may choose to fly in to Nanaimo and out of Victoria.

Early Bird Registration ends March 1st 2020. March 2-May 19th for regular registration.

Only 12 spaces are available for Vancouver Island Labyrinth Pilgrimage

Friday June 19th-Wednesday June 24th. Do you feel the calling?

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