

Vancouver Island Labyrinth Pilgrimage, British Columbia, Canada

July 27th-31st, 2018



bethlehem
centre



...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. **12 spaces only!**

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, The Oceanside Hospice Labyrinth in Qualicum Beach, The Parksville Community Park Legacy Labyrinth, building beach labyrinths, O.U.R Ecovillage 7 circuit labyrinth near Mill Bay and more!

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

Get Early Bird Rates before June 1st, 2018! Register at www.bethlehemcentre.com



Your Vancouver Island Labyrinth Pilgrimage will begin on Friday July 27th, 2018 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 full moon evening on the outdoor Labyrinth with ethereal musicians/vocalists Mikeoula www.mikeoula.com playing keyboard and crystal quartz bowls and Allannah Dow on cello. This evening is open to the public.



At your leisure you can enjoy Westwood Lake Full Moon Gazing after sunset on Bethlehem Centre lawn.

Saturday morning begins our travelling pilgrimage with a visit to the Oceanside Hospice Labyrinths 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.



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.



Next we will learn to draw and build sand labyrinths on this magnificent beach with Holly and labyrinth builder and designer Jerry Etzkorn.





As we travel mid-way across Vancouver Island, we will stop at the magnificent Cathedral Grove for a tree meditation with Anna-Meika. We will breathe in the 800 year old Douglas Fir and Red Cedars. It takes 9 people hand-in-hand to hug some of these giants!



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

On Saturday evening, 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.



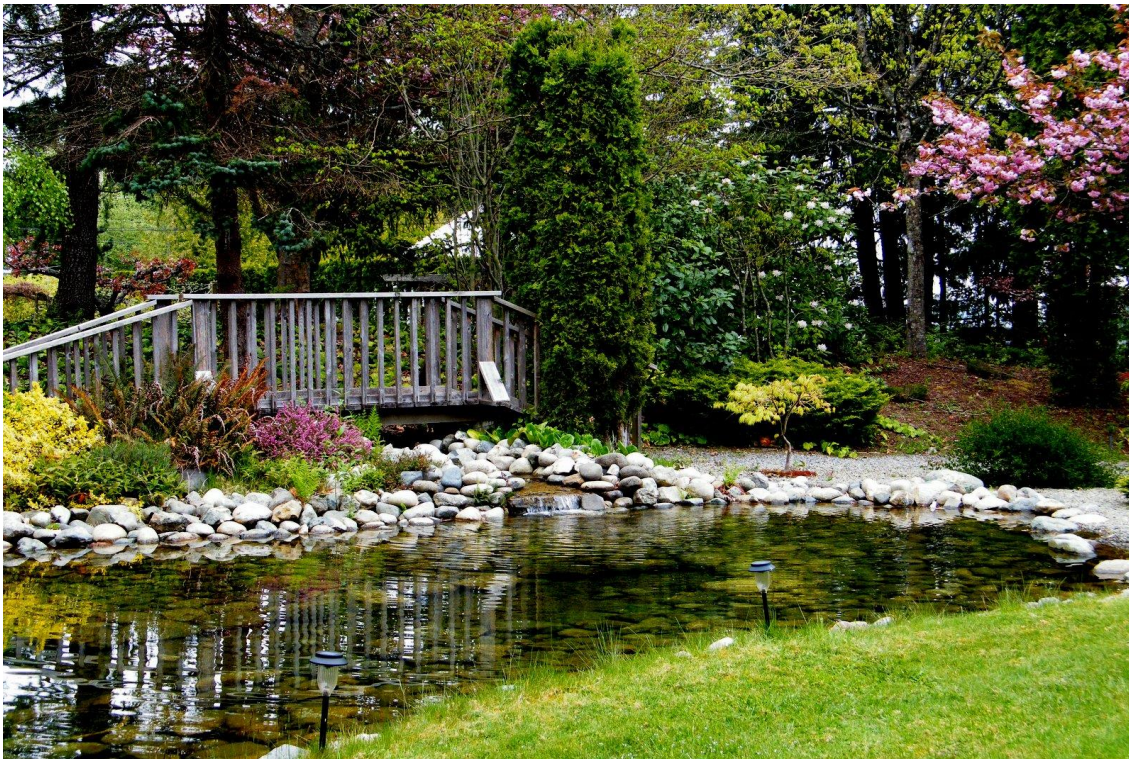
www.facebook.com/ChironDraftPower.

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.

We will return to Bethlehem Centre in the late evening to sleep.

Sunday is a quieter day for reflection, journaling, sharing circles and meditation, with the opportunity to experience Emotional Freedom Technique™ and other stress management techniques with Holly.

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.



Joanne and Richard Sales from GoodNature Farms will lead us in *Dances of Universal Peace* on the labyrinth, in the late afternoon. “The Dances of Universal Peace are simple, meditative, joyous, multi-cultural circle dances that use sacred phrases, chants, music and movements from the many spiritual traditions of the earth to touch the spiritual essence within ourselves and recognize it in others.” www.dancesofuniversalpeace.org

After dinner, we will finish our evening with a Finger Labyrinth and meditation/relaxation experience with Holly in the Museum.

We will be packing and departing from Bethlehem Centre on Monday July 30th 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 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 are grateful 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 10am on Tuesday July 31st. 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

Vancouver Island Labyrinth Pilgrimage Fees 2018

1) Labyrinth Pilgrimage Tuition- **Early Bird Registration by June 1st, 2018**, \$866.00, \$966.00 between June 2nd- July 15th

(Includes 4 day/4 evening full programming and transportation during pilgrimage, 1 breakfast, 1 dinner, 1 lunch, snacks during on-the-road events, 1 overnight dorm accommodation at OUR Ecovillage,) *2 restaurant meals not included

2) Private room \$390 (Bethlehem Accomodations-3 nights, Facility use -4 breakfasts, 2 lunches, 2 dinners and snacks)

Shared room \$295 (Bethlehem Accomodations, 3 nights, Facility use -4 breakfasts, 2 lunches, 2 dinners and snacks)

Private Accomodation- **Early Bird Special** \$866.00+390=\$1256

After June 1st- \$966+390=\$1356

Shared Accomodation- **Early Bird Special** \$866+295=\$1161

After June 1st, 2018- \$966+ 295=\$1261

Registration through Bethlehem Centre www.bethlehemcentre.com (See their cancellation policy.) <https://bethlehemcentre.com/events/vancouver-island-labyrinth-pilgrimage-2/>

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

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.bcferries.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 June 1st, 2018. 12 spaces are available for Vancouver Island Labyrinth Pilgrimage, Friday July 27th-Tuesday July 31st. Do you feel the calling?

www.Bethlehemcentre.com



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