



**SACRED
GROUND**
Center for
Spirituality

Saturday, April 17, 2010

9:00 a.m.—4:00 pm

Location:

St. Edward the Confessor Church
865 Ferndale Road North
Wayzata, MN 55391

\$75 includes lunch

(Bring a friend & the cost is \$45 each)

Register by March 15, 2010

Register early as space is limited!

**Please call 651.696.2798
to register or for more**

Touching Body and Soul: A Grace-Full Labyrinth Experience

A day of reflection, movement and connection

Presenter: G/Joan Guilfoyle

Sacred Ground is excited to offer this special day with G/Joan Guilfoyle, who skillfully presents workshops of this nature around the country. Using powerful world music, drums and silence, Joan will lead us in gentle yoga-based movement and guided meditation on ancient labyrinth patterns to open your body, quiet your mind and energize your spirit. In sacred space we create, we'll connect more deeply with ourselves, others and with God, accessing inner power, beauty and joy. Musical selections range from peaceful to wild to silly, so be prepared to emote any way that moves you.

No experience in yoga, dance or labyrinths needed; all movements are led. Loose clothing and a comfy blanket recommended. Bring comfortable and supportive shoes (tennis are fine) to move, walk and dance on the marble labyrinth. Workshop includes: Personal walks on an indoor labyrinth, guided group experiences on the labyrinth and carpeted floor; and time for personal reflection, journal writing, art and sharing as desired.

This day of reflection, movement and connection will take place at St. Edward the Confessor Episcopal Church in Wayzata (at the intersection of Highway 6 and Ferndale Road North). The church has a beautiful indoor labyrinth built into the floor of its worship space. Come experience the labyrinth and a bit of the prairie at this lovely location in the Twin Cities western suburbs.



All ***G/Joan Guilfoyle***'s interests and passions come together in this practice of creating joyful, heartfelt and sacred experiences on and off labyrinth patterns, yoga mats and dance floors. G/Joan is a certified labyrinth facilitator and Kripalu Yoga Dance© instructor, and the owner of *Gorgeous Spirit Unlimited*. She has been a practitioner of yoga and dance since childhood and a member of several Twin Cities dance ensembles. More info at www.gorgeousspirit.com

Register for: *Touching Body and Soul: A Grace-Full Labyrinth Experience — April 17, 2010 9-4pm*
St. Edward the Confessor Church, Hwy 6 and Ferndale Avenue North, Wayzata

Payment enclosed \$ _____ (canceled check confirms reservation).

Full Name _____

Address _____ City _____ State _____ Zip _____

Telephone (____) _____ (____) _____ Email _____

Vegetarian Meal? Yes

Mail to: Sacred Ground Center for Spirituality, 1890 Randolph Avenue, St. Paul, MN 55105