

# *Program Guide*



# *Mission*

**Veriditas is dedicated to  
inspiring personal and planetary change and  
renewal through the labyrinth experience.**

We accomplish our mission by training and supporting labyrinth facilitators around the world, and offering meaningful events that promote further understanding of the labyrinth as a tool for personal and community transformation.

# *Vision*

**Our Vision** is that the labyrinth experience guides us in developing the higher level of human awareness we need to thrive in the 21st century.

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Please visit **[www.veriditas.org](http://www.veriditas.org)** for our Calendar of Events,  
and Faculty information.

# Definitions

What follows are definitions of Veriditas Program Offerings. Please see our website for our current schedule of events.

## Veriditas Pilgrimage/Retreat

A Pilgrimage or retreat is an extended experiential program focused on a particular theme. The program is delivered by an expert in the field. Walking the labyrinth is an integral part of the program. The programs are designed to be “an external journey to an internal place,” a place for reflection and the renewal of spirit. A Pilgrimage or Retreat can also be used as a pre-requisite for the Facilitator Training.

### Designed for:

Those interested in using the labyrinth for self-discovery, spiritual insight and connection.

### Faculty:

Guest Presenters (whose work is thought to be complementary to the Veriditas mission), Lauren Artress, Judith Tripp, Master Teachers, others as approved.

*We shall not cease from exploration, and the end of all our exploring  
will be to arrive where we started and know the place for the first time.*

~ T.S. Eliot

## Qualifying Workshops

A Qualifying Workshop is a prerequisite for Veriditas Facilitator Training. Workshops are typically, five to eight hours in length, and are based on a particular topic or theme and consist of informational content, experiential processing and a labyrinth walk. Provides participants with the embodied experience of how Veriditas trained faculty present and work with the labyrinth.

### **Designed for:**

Those interested in experiencing the labyrinth for self-development, and for those interested in going on to attend Facilitator Training.

### **Faculty:**

Lauren Artress, Judith Tripp,  
Master Teachers.

## Veriditas Approved Qualifying Workshops

A Veriditas Approved Qualifying Workshop meets the same criteria listed above for a Veriditas Qualifying Workshop, but is not sponsored by Veriditas. It is offered by An Accredited Advanced Trained Veriditas Facilitator and meets criteria as a qualifying workshop for the Facilitator Training.

### **Designed for:**

Those interested in experiencing the labyrinth for self-development, and for those interested in going on to attend Facilitator Training.

### **Offered By:**

Veriditas Advanced Trained Facilitators specifically accredited for this workshop.



## Facilitator Training

The goal of Veriditas Labyrinth Facilitator Training is to prepare people to introduce others to the labyrinth in an articulate, professional and effective way. It is sixteen hours of standardized classroom training with a manual titled “Facilitator Training is a Spiritual Path.” Training usually includes a labyrinth walk.

Empowers facilitators from all walks of life to introduce the labyrinth in their setting as a positive and enriching experience.

### **Designed for:**

Those interested in learning how to offer the labyrinth experience to others.

### **Faculty:**

Lauren Artress,  
Master Teachers.

## Advanced Facilitator Training

Advanced Facilitator Training is a standardized training curriculum open to Veriditas certified facilitators for the purpose of deepening an understanding of and experience of working with the labyrinth. Twenty hours of classroom training including a storytelling ritual and videotaping of the basic presentation with feedback from the group.

### **Designed for:**

Already trained and certified Veriditas Facilitators with 2 years of labyrinth experience who want to deepen and broaden their skills in working with the labyrinth.

### **Faculty:**

Lauren Artress, co taught with  
Master Teacher.

## Specialty Training

A training offered on a limited basis that enhances and deepens an understanding of how to work with the labyrinth in a specialty population, i.e. working with children on the labyrinth, bringing the labyrinth to Hospice work, etc.

**Designed for:**

Facilitators and those who work with the labyrinth.

**Faculty:**

Master Teachers, Accredited Advanced Trained Facilitators, or others experienced in the specialty area by approval.

## Labyrinth Summer School

Labyrinth Summer School is a week-long program that includes a qualifying workshop, facilitator training, and labyrinth construction class. Component parts can be taken individually or together for a package discount.

Immerse yourself in the world of labyrinths and learn everything you ever wanted to know about walking and building labyrinths.

**Designed for:**

Participants who want a comprehensive experience of working with the labyrinth - provides all you need to know as a labyrinth facilitator, from self-discovery to the how's of facilitating, designing, and building a labyrinth.

**Faculty:**

Lauren Artress, Master Teachers, Lars Howlett.

## Labyrinth Design & Drawing

A Labyrinth Design & Drawing workshop includes essential design considerations of a labyrinth, an introduction to various kinds of labyrinths, and an introduction to sacred geometry. Participants will become knowledgeable about various labyrinth designs and what's involved in choosing and constructing various patterns.

### **Designed for:**

Anyone facilitating labyrinth walks to become more knowledgeable about labyrinth designs and construction, or for those interested in having a labyrinth built or building a labyrinth.

### **Faculty:**

Lars Howlett, or others as approved.

## Labyrinth Materials & Construction

The Labyrinth Materials & Construction workshop offers a higher level of technical information as well as business and materials considerations for constructing a labyrinth. This workshop will include a hands on experience with building a temporary labyrinth.

### **Designed for:**

Those interested in knowing how to build a temporary or permanent labyrinth.

### **Faculty:**

Lars Howlett, others as approved.



## Special Focused Workshops

Workshops on a topic that enhance the labyrinth experience, i.e. Labyrinth & Synchronicity, Labyrinth & the Enneagram, etc.

### Faculty:

Lauren Artress, Master Teachers, or others experienced in the specialty area by approval.

## Signature Program

Any program Veriditas is known for and is committed to offering on a regular basis. At present, Chartres Pilgrimage, Grace Urban Pilgrimage, Labyrinth Summer School, Facilitator Training, Advanced Facilitator Training, and Women's Dream Quest are all Signature Programs.

### Faculty:

Lauren Artress, Master Teachers, Judith Tripp, or others by approval.

## Special Events

Any Veriditas sponsored informational event or public lecture.



## Women's Dream Quest

A day long or overnight experience of the sacred feminine using a theme. Labyrinth walking, ceremony with song, movement and guided meditation, and small group work that creates a safe and expansive environment for women.

Experience the Sacred Feminine in community around the labyrinth.

**Designed for:**

Women to experience and reclaim the sacred feminine with the labyrinth as ceremonial and experiential center.

**Faculty:**

Judith Tripp.

## Webinars

Live online discussions covering a wide variety of topics relating to working with the Labyrinth. Webinars are recorded.

**Designed for:**

Anyone interested in how to work with the Labyrinth in a variety of ways.

**Faculty:**

Lauren Artress in conversation with Faculty experts

## Online Learning

A variety of pre-recorded self-paced classes covering a variety of topics relating to working with the Labyrinth.

### **Designed for:**

Those wanting to expand their knowledge about working with the Labyrinth in a variety of ways, and those for whom travel is a challenge

### **Faculty:**

Lauren Artress and  
Faculty

## Legacy Labyrinth

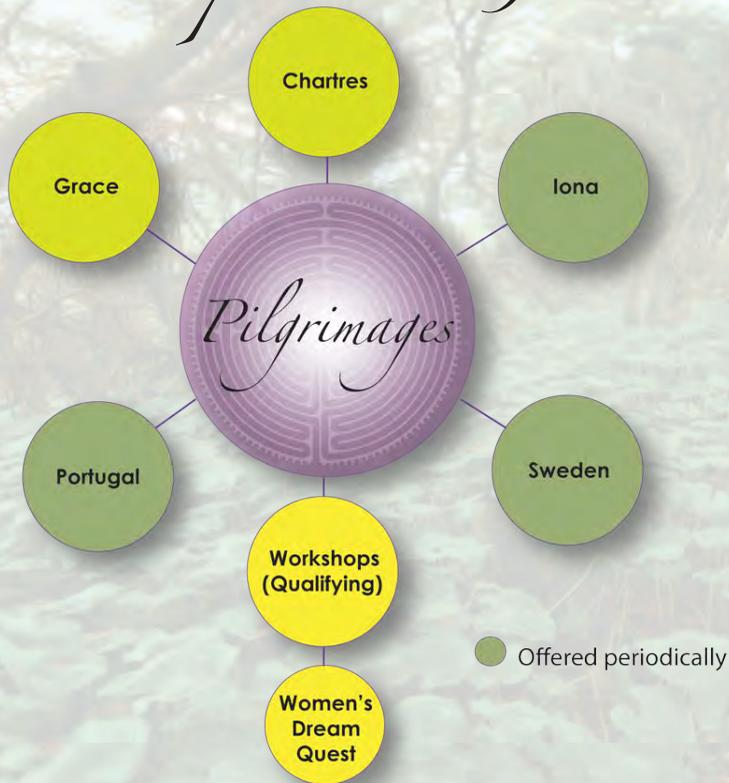
The Legacy Labyrinth Project builds labyrinths for families or communities that want to leave a legacy for a loved one or offer a special place for a community to heal from traumas such as Columbine, Sandy Hook, a tsunami, earthquake or bombing. All legacy labyrinths are linked together by incorporating elements from other Legacy Labyrinths. Each Legacy Labyrinth is opened with an intentional, customized dedication and sustained through an annual ritual by the Veriditas Community reaffirming the Labyrinth's dedication to global healing.

**Project Manager:** Chris Katzenmeyer



Working with the Labyrinth for

*Individual Spiritual Growth*



# Bringing the Labyrinth to Others: Training Paths



Dotted boxes are courses being developed

# *Path 1:* Working with the Labyrinth for Individual Spiritual Growth

The purpose of this path is to provide experiences and information for individuals to learn about themselves and meet the labyrinth for their own transformation, self-development and spiritual growth.

## **Learning Activities:**

- Pilgrimages/Retreats
- Workshops
- Special focus workshops
- Attending one of the above, would expose you to some or all of the following activities:
  1. Labyrinth walking
  2. Self-reflection - journaling
  3. Symbolic Exploration
    - Dream Work,
    - Collage
  4. Meditation

## **1.1 Women's Spirituality : Learning Activities:**

- Women's Dream Quest
- Pilgrimage on Sacred Feminine
- Meeting Mary
- Themed Women's Retreat on the labyrinth
- Feminine Presence of the Sacred  
**Faculty:** Judith Tripp, and Lauren Artress, others as approved.

## **1.2 Men's Spirituality: Learning Activity:**

- Themed Men's Retreats on the labyrinth  
**Faculty:** Milton Woolley, others as approved.

# *Path 2:* **Bringing the Labyrinth to Others**

The purpose of this path is to provide the skills and information to present the labyrinth to other people.

## **2.1 Labyrinth Facilitation**

### **Learning Activities:**

- Facilitator Training
- Certification
- Advanced Facilitator Training
- Accreditation to offer Qualifying Workshops
- Specialty Training in your field
- Train the Trainer Accreditation to teach Facilitator Trainings (currently only Master Teachers – program to be developed in 2016)

## **2.2 Labyrinth Design & Building**

### **Learning Activities:**

- Labyrinth Design & Drawing
- Labyrinth Materials & Construction
- Labyrinth Summer School
- Course on Labyrinth History (to be developed )

## **2.3 Using the Labyrinth for Ceremony & Ritual**

### **Learning Activities:**

- Course on Using the Labyrinth for Ceremony & Ritual (to be developed)
- Secular events, Rites of Passage, Weddings, Celebration of Life Services
- Course on Labyrinth integrated into different religious or spiritual traditions (to be developed)

## **2.4 Using the Labyrinth Community Based Work**

### **Learning Activities**

- Global Healing Response

### **Yet to be developed:**

- Labyrinth in Social Justice Work
- Using Labyrinth Walks for Social Change
- Peace Walks



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