

# Finding Peace and Building Resilience in Uncertain Times; A Personal and Collective Journey with the Labyrinth.

Jul 4, 2025 - Jul 6, 2025

## Friday July 4<sup>th</sup> -

- **1:00 PM** - Check-in, Front Lobby
- **2:00 - 4:30 PM** - Welcome and Introduction with Holly in Godden Finger Labyrinth Museum, walk Chartres Outdoor
- Labyrinth, journal
- **4:30 - 5:30 PM** - Settle in free time, lake walk, etc.
- **5:30 - 6:30 PM** - Dinner
- **7:00 - 8:30 PM** - Special Guest Musician Mikeoula , on outdoor Chartres Labyrinth, facilitated walk with Holly

## Saturday July 5<sup>th</sup>,

- **8:00 - 9:00 AM** - Breakfast
- **9:00 - 10:00 AM** - Godden Labyrinth Museum, sharing circle, sound bath, breath work, toning vagus nerve with Holly
- **10:30 AM - 12:00 PM** - Dances of Universal Peace with special guests Joanne and Richard Sales (lawn or chapel)
- **12:00 - 1:00 PM** - Lunch
- **1:00 - 3:30 PM** - Forest Meditation and Chartres Labyrinth walk with Holly
- **3:30 - 4:15 PM** - Break, free time, journalling, etc.
- **4:15 - 5:30 PM** - Special guest Carol Matthews, Godden Finger Labyrinth Museum
- **5:30 - 6:30 PM** - Dinner
- **7:00 - 9:30 PM** - Chapel, special guest Kat Millar, co-creating healing frequencies, meditative journey to the Infinite Heart Labyrinth, walking the Triple Spiral Heart Centred Unity Labyrinth with Holly, Gabriole, Kat & Ella

## Sunday July 6<sup>th</sup>

- **8:00 -9:00 AM** - Breakfast
- **9:30 AM - 10:30 AM** - Sharing circle, sound bath, breath work, toning vagus nerve with Holly in Labyrinth Museum
- **11:00 - 11:45 AM** - Tai Chi with special guest Eva Grodt
- **12:00 - 1:00 PM** - Lunch
- **1:00 PM - 3:00 PM** – Laughter Yoga with Holly on Chartres Labyrinth, meditation on the lawn, sharing circle, feedback, closing