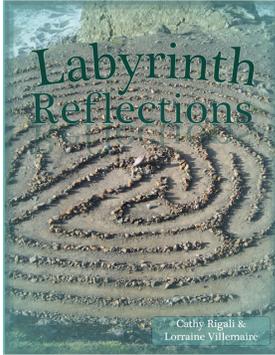
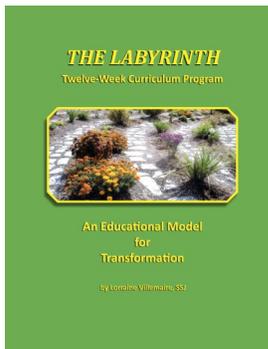


Labyrinth Books and DVD



Labyrinth Reflections by Lorraine Villemaire and Cathy Rigali is now available. The initial section covers information about the labyrinth, its history, spirituality and purpose. What follows are over forty themes that merge into the fabric of one's life. Among them are seasons of the year, the moon, universe, music, forgiveness, change, peace, compassion, time, doors, meditation, wisdom, healing, in memoriam, journal writing, clouds, and much more. Labyrinth walkers are encouraged to reflect on each theme from their own perspective. Although the book is invaluable to labyrinth facilitators, the themes can also be used for private meditation. A final chapter gives instructions on how to build a 7-circuit labyrinth. Colorful pictures highlight each theme. 143 pages, \$20.



The Labyrinth An Educational Model for Transformation by Lorraine Villemaire is a twelve-week curriculum program with the following themes: Introduction to the Labyrinth, Relaxation, Self-Esteem, Positive Thinking, Forgiveness, Inner Peace, The Labyrinth as a Path for Transformation, Moral Development, Problem Solving and Decision Making, Mindfulness and Meditation, Sarcasm, Humor and Laughter and Spirituality and Prayer. The program can be used in any program that fosters personal transformation. Each theme is integrated with a labyrinth walk. Participants are given an opportunity to listen to what is happening in their lives and reflect on how they may change attitudes and perspectives. 150 pages, \$20



Pathway to Change: Jail Labyrinth Project DVD documents the six-year odyssey of a formal labyrinth program at the Hampshire County House of Correction in Northampton, MA. This film highlights construction of an outdoor labyrinth within the secure perimeter of the jail. Interviews with facility staff, volunteers and incarcerated men who worked on the project are included, along with aerial views of the jail and surrounding community. 23 minutes, \$15 (includes postage)

Contact author Sister Lorraine Villemaire: 413-532-6134 or villemaire341@verizon.net

LABYRINTH BOOKS AND DVD ORDER FORM

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For INTERNATIONAL orders, please add another \$20 for additional postage.

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