



# A Veriditas Qualifying Workshop

Saturday, November 10, 2018  
9:00am - 3:00pm

## Practicing Presence: Journeying Inward Through the Labyrinth Maggie Perrone, RN, MA



Spend a day learning to deepen your sense of living in the present moment using the labyrinth as a tool. The practice of presence helps us stay mindful of that which is right in front of us. Take a day to listen to your inner ear, practice feeling your way through instead of reacting to the events of our lives, quiet your minds and walk; noticing, being and attending to where we are in the present moment.

**\*\*\*This retreat meets requirements as a Veriditas qualifying workshop for those interested in pursuing facilitator training as a Veriditas Certified Labyrinth Facilitator. Call for details.**

Cost: \$50 (\$55 after 11/2) Lunch included.

To register call Marlene at (310) 377-4867 x234 or email her at [mvelazquez@maryjoseph.org](mailto:mvelazquez@maryjoseph.org) or register online at [www.maryjoseph.org](http://www.maryjoseph.org) Please see website for Cancellation Policy.

### MARY & JOSEPH RETREAT CENTER

5300 Crest Road Rancho Palos Verdes, CA 90275 (310) 377-4867 Fax: (310) 541-1176  
[www.maryjoseph.org](http://www.maryjoseph.org) Email: [mvelazquez@maryjoseph.org](mailto:mvelazquez@maryjoseph.org)

RETREAT RESERVATION ~ Please return this form for your reservation. Thank you.  
"Journeying Inward thru the Labyrinth" Maggie Perrone, Rn, MA, Saturday, November 10, 2018

NAME \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

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