

Master Class

LABYRINTHS

Centrum Athanor

Centrum Athanor has taken its name from the Alchemy; the Athanor being the oven that maintains an ongoing process of transformation. It is situated near Lochem in a beautiful countryside with forests, lush fields, farms and manors.

Centrum Athanor is based on the geomantic qualities of its grounds. These qualities are enlarged by the architecture and landscaping that is applied. Comprising a man-sized stone circle, a labyrinth and a sweat lodge area.



We will work with the labyrinth on the grounds of Centrum Athanor.
A classical seven circuit (diameter: 21 meter)

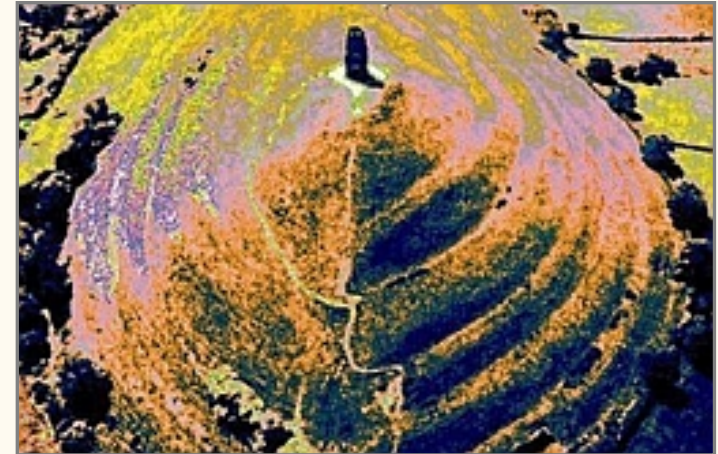
Booking:

Costs for the Master Class "*Labyrinths*" are € 125,00
Incl. lunch, coffee/tea and fresh fruit

Registration and Information

Centrum Athanor
Hooislagen 9,
7241 NJ Lochem
0573 - 421 111

www.centrumathanor.nl
workshops@centrumathanor.nl



The Glastonbury Tor Labyrinth

23 May 2009
10.00 - 16.30

Sig Lonegren

CENTRUM
ATHANOR

Master Class LABYRINTHS

There are different ways that one can use the labyrinth. The Chartres type is used as a walking meditation. One walks in to the centre, and after a pause, turns around and walks out the reverse of the way s/he came in. Labyrinths can be used to start and close a ceremony. In doing this, the labyrinth acts as a parenthesis to bracket and contain the ceremony. The labyrinth can also be used as a powerful problem-solving device. Using both your left-brain and your right-brain when walking it, the seven paths can be equated with the seven chakras, and these chakras have certain characteristics. This will open you up to your vision of a solution.

There is no correct way to use a labyrinth!

This workshop is for people who already have been working with labyrinths. If you already know how to draw one; maybe have built one; have spoken with others about how they might be used, , and you would like to become more deeply involved, this workshop is for you. This day is designed for people who want to be teaching others about labyrinths.

What can you expect on this day:

- Sig will give an in depth history of labyrinths around the world.
- He will share his method of using a classical seven circuit labyrinth as a problem solving device.
- He will go into different places labyrinths can be used. With a particular emphasis on their use in schools, but also in prisons, hospices, and in public settings like parks and town squares.
- And, time permitting, Sig will discuss the running of Labyrinth events from small, to regional to international.

Sig Lonegren, M.A. has a Masters' Degree in the study of Sacred Space. He has spent the last thirty-five years studying ancient tools that enhance intuition. Sig Lonegren is an internationally known teacher and the author of "Spiritual Dowsing," "The Pendulum Kit," "Labyrinths: Ancient Myths & Modern Uses," and "The Dowsing Rod Kit." He has found that prehistoric sacred spaces can be used as modern tools for spiritual growth and for creative problem solving.



Sig has been working with labyrinths since the early eighties. He is a Founding Member of The Labyrinth Society, and has organised and taught at labyrinth events from the Local Level to Regional and International. Along with his wife, Karin, he is a European Regional Co-ordinator for The Labyrinth Society. His major interest in labyrinths is their use as a tool to enhance the possibility of conscious Spiritual connection.

Karin and Sig live in Glastonbury, England where they run classes and offer other services to spiritual seekers at their SunnyBank Centre..

Usefull links

Sig and Karin's SunnyBank Centre:

<http://sunnybankglastonbury.co.uk/index.html>

Mid Atlantic Geomancy, a comprehensive site about sacred geometry, sacred space, labyrinths, astrology and dowsing (webmaster Sig Lonegren)

<http://www.geomancy.org/index.html>

The Labyrinth Society

<http://www.labyrinthsociety.org/>