

Dear Friends of the Labyrinth,

Please join me and my journey partners on Monday, May 22 at the First Unitarian Church on 220 South Winton Road from 7:00-9:00PM for the Community Labyrinth Walk.

I'm celebrating the completion of 20 years of monthly labyrinth walks in Rochester, broken only twice in all those years, with a labyrinth walk, live music by Sonam and Christina, restorative energy work with our many healers and the OSTM massage students, and refreshments.

In addition, Sandy Zohari of Sage-Thyme will raffle off an exquisite Tree of Life pendant, a piece from her selection of Reiki-infused Chakra jewelry and natural gemstone and meditation products.

Twenty years of labyrinth walks would not have been possible without the dedication of many partners, starting with Matthew Gallelli and Hallie Sawyers at St. John Fisher College, Kay Whipple and Marilyn Belle-Isle at Colgate Rochester Divinity School, soon followed by Donna Reis, Sonam Targee, Sandy Zohari, Cathy Higgins, and Christina Ivanna, to mention a few. We have also been blessed by the countless healing practitioners who volunteer every month, the steadfast involvement of the Onondaga School of Therapeutic Massage students, and the generosity of the First Unitarian Church.

I hope to see you on Monday.

Harriette

Sonam Targee will be offering this program the day before:

LIFESTYLE PRACTICES: AYURVEDA'S GIFTS with Sonam Targee

Sunday, May 21, 2017, 3:00-6:00 pm

Early bird fee by May 14 \$55 / After May 14 \$60

Location: Shakti Yoga, 2 School Street, Geneseo

Contact: shaktiyogageneseo@gmail.com 585-243-5240

(Please do NOT call Sonam's office!!! This is an independent event)

Remit to: Shakti Yoga, PO Box 515, Geneseo, NY 14454