



Community Workshop:

Labyrinth Activism Plus Sound Meditations

November 12, 2022, 2:30–4:30 p.m. EST



Chris Katzenmeyer



Ellen Bintz Meuch



Rob Meyer-Kukan

Labyrinth Activism and Collective Consciousness

What is labyrinth activism, what does it look like, and what is the current need for it? Learn how the term and action of contemplative labyrinth activism has come into our labyrinth community and how you can be a part of global collective healing.

Presented by Chris Katzenmeyer and Ellen Bintz Meuch.

Incorporating Sound into Your Labyrinth Walks

What is a sound bath? What are the benefits of sound therapy or sound healing? How can I incorporate sound into the labyrinth experience? Rob Meyer-Kukan will share answers to these questions as well as suggestions for where to start when purchasing instruments.

BONUS - Participants will receive a discount code to use at Sunreed Instruments!