

Armenian Heritage Park

on the Rose Kennedy Greenway, Boston

Coming Together on Common Ground

2020 LABYRINTH WALKING INTRODUCTORY WELLNESS series via ZOOM is being offered in collaboration with The Greenway Fitness Program. This introductory series via ZOOM is being held on the fourth Saturday of the month, June-August, at 9am to introduce the benefits of walking the Labyrinth to one's health and well-being. Each 45-minute session via includes Q&A. The series, developed under the leadership of Katrina Piehler, founder of Living From Center, was initially planned to be held at Armenian Heritage Park on The Greenway. Pre-Registration is required via ZOOM. ArmenianHeritagePark.org/Events

Saturday, June 27 at 9am

LABYRINTH WALKING: AS A SELF-CARE TOOL

Facilitator: Katrina Piehler, founder, Living From Center

- o Whole body / mind-body-spirit integration for healthy living.
- o Using Labyrinth walking as an opportunity to nurture healthy relationship with yourself.

Activity: Guided Mindfulness/Breath Meditation

Walk the Labyrinth at the Park on your own this summer, respecting social distancing, as a way to tune into self-care.

Saturday, July 25 at 9am

LABYRINTH WALKING: THE POWER AND HEALTH BENEFITS OF ACTIVE MEDITATION

Facilitator: Armineh Mirzabegian, M.D., Internal Medicine, Reliant Group, part of OptumCare; UMass Memorial Health Care

- o Understanding the point and power of meditation.
- o Health benefits of a walking meditation practice.

Activity: Guided Mindfulness/Breath Meditation

Walk the Labyrinth at the Park on your own this summer, respecting social distancing, as an active meditation experience.

Saturday, August 22 at 9am

LABYRINTH WALKING: CONNECTION BETWEEN MOVEMENT AND WISDOM

Facilitator: Kristin Asadourian, founder, KA Coaching

- o Slow and deliberate walking encourages a conscious connection between mind and body.
- o Meditative walks allow for the flow of thoughts inward and can retrain the mind to focus on inner wisdom.

Activity: Guided Mindfulness/Breath Meditation

Walk the Labyrinth at the Park on your own this summer, respecting social distancing, as a way to connect with your inner wisdom through breath and movement.

About Walking the Labyrinth at the Park

Walking the Labyrinth at the Park is incorporated in many of our community, corporate and school programs.

Many walk the Park's labyrinth daily, an ancient device for relaxation and contemplation. For many, walking a labyrinth is for mindful meditation, a way to quiet and calm the mind and to achieve the "relaxation response".

According to Herbert Benson, M.D, more than 30 years of research shows that the body moves toward a physical state of relaxation that changes the physical and emotional response to stress. This "relaxation response" induces slower breathing and heart rate, lowering blood pressure. Dr. Benson is the founder of the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital and author of Relaxation Revolution.

The Park's Labyrinth celebrates life's journey. A single path leads to and from its center. At its center, a single jet of water represents hope and rebirth. Etched around the Labyrinth's Circle - Art. Science. Commerce. Service – in tribute to contributions made to American life and culture. ArmenianHeritagePark.org