



MEDIA ADVISORY

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Hospice of Santa Barbara presents *The Mystery and Power of Walking the Labyrinth*

Participants to learn and experience ancient symbol of inner journey

April 23, 2010, Santa Barbara, CA— Since the beginnings of human culture, people have created labyrinths as a means of exploring their inner life. On Monday, April 26th from 12:00-1:00 pm, Hospice of Santa Barbara will hold an educational presentation and walk through the Labyrinth, an ancient symbol that represents a journey to one's own center and back out into the world.

"The Labyrinth Walk can be a very sacred, meditative journey with God, a Holy Spirit, or whatever someone's divine connection may be," said Dana VanderMey, Director of Volunteer Services at Hospice of Santa Barbara and Certified Labyrinth Instructor."

VanderMey will deliver the presentation with Jeanne Martin, a Hospice of Santa Barbara volunteer and local harpist. VanderMey and Martin will introduce the history, myths, sacred geometry and meaning of labyrinths and instruct the group how to walk through one. The walk will be accompanied by live music.

"It is good self-care. The Labyrinth Walk actually helps release pain and sorrow out of our bodies," said VanderMey. "It helps our clients who might be blocked in their full expression of grief, by learning to release and let go."

VanderMey and Martin's presentation is part of Hospice of Santa Barbara's "Learn at Lunch" program – a series of educational events for staff, volunteers, board and friends. Held on the second and fourth Mondays of each month from 12noon to 1pm, the presentations help deepen the knowledge of issues related to death and dying and provide practical ideas for members of the organization.

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Who: Dana VanderMey, Director of Volunteer Services at Hospice of Santa Barbara and Certified Labyrinth Instructor; Jeanne Martin, local harpist; Hospice of Santa Barbara staff, board members, volunteers and friends

What: "Learn at Lunch" educational presentation about the Labyrinth; Labyrinth walk will follow presentation.

When: **Monday, April 26th from 12:00 to 1:00 pm**

Where: Hospice of Santa Barbara front lawn, 2050 Alameda Padre Serra, Suite #100, Santa Barbara

The mission of Hospice of Santa Barbara, Inc. is to provide care to anyone experiencing the impact of a life-threatening illness, or grieving the death of a loved one. For more information, please call (805) 563-8820 or visit www.hospiceofsantabarbara.org.

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