



Discover LAByrrinths - One Step At a Time

Co-Imagine Arts - Facilitated Workshop Offerings at The Path: LAByrrinth at Hebrew College. The Path: LAByrrinth, created by artist Shirah Rubin, invites personal reflection and community connections. It encourages a walking meditation that invites you to enhance Jewish spiritual practice. How are we paying attention to our dreams, purpose, and belonging to community? This experience is a catalyst for conversation and community building.

A labyrinth is an ancient archetype found across history in diverse cultures. Unique to Rubin's labyrinth are ceramic Listening Vessels at the perimeter of the labyrinth that accompany you on your walk. The benches at the center welcome you to sit and to engage in sacred listening with your inner self and others. How do we listen with empathy and understanding?

Work alongside artist Shirah Rubin for a facilitated walk and develop a unique and meaningful workshop for your organization or community. Why walk a labyrinth?

- 1) It provides an opportunity for listening and contemplation.
- 2) For community and connection. A place to gather to share journeys and to support one another.
- 3) Promotes creative inspiration and insight inner wisdom

Option 1: Guided LAByrrinth Walks for Reflection and Dialogue

Enhance organizational learning and connection through an introspective experience of the Path: LAByrrinth. This collaboratively designed workshop utilizes the unique environment of the labyrinth to encourage personal reflection and meaningful group dialogue. We work with your organization to clarify goals, understand your audience, and develop targeted reflective activities with appropriate thematic framing. The workshop includes a guided labyrinth walk and a facilitated group debrief to foster shared insights.

Option 2: Co-Creating Through Art in the LAByrrinth

Unlock your organization's potential with an experiential art workshop facilitated by Shirah Rubin within the inspiring space of The Path: LAByrrinth. This collaborative program combines the reflective journey of a labyrinth walk with engaging hands-on art activities such as collage or journal making. Designed for team building, each workshop is customized to your specific objectives, incorporating relevant historical context to spark creativity and dialogue. Participants will engage in a facilitated walk, an individualized creative process, and a concluding group reflection.

Option 3: Private LAByrrinth Space for Your Organization with volunteer facilitators

Reserve The Path: LAByrrinth at Hebrew College for your organization's exclusive use. This serene single-path labyrinth provides an ideal setting for focused introspection and personal growth. Utilize our suggested guiding questions or implement your own workshop agenda within this unique space.

Option 4: Reserve the LAByrrinth for a walk with friends or a small group.

Contact: thepathlabyrinth@gmail.com for costs and to schedule a walk or workshop at Hebrew College