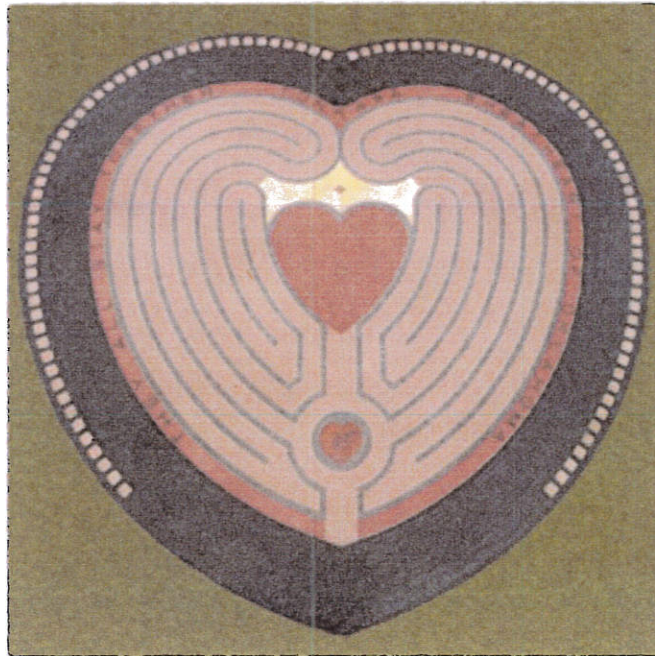


# *Spring Community Labyrinth Walk & Dance*

**Sunday, March 20th**

<b>3pm – 4pm</b>	Walking
<b>4pm – 5pm</b>	Meditative Dance
<b>5pm – 6pm</b>	Walking

Experience the **JOY** of walking & dancing the **Labyrinth**



- **Labyrinth** – An ancient Spiritual pathway used for meditation, relaxation & gaining insight
- **Sacred Circle Dance** – simple & meditative, music from many Spiritual traditions - Dances taught by area's most talented teacher
- **Tea Room** – Refresh with mint tea, journaling & quiet talk

Arlington Unitarian Universalist Church  
Fellowship Hall -- 4444 Arlington Blvd  
Intersection -- Route 50 and George Mason Dr.  
Questions — [saraellen123@cs.com](mailto:saraellen123@cs.com)