

Wellsview's Annual "Labyrinth of Light"

Winter is for stillness and going inside - even while we are walking a path - outside. The path is a metaphor for life. How we walk it tells us a lot about ourselves. There is no wrong way to walk it. For centuries labyrinths have been used around the globe as mindfulness tools to help cultivate aspirations and personal growth. This year's labyrinth is dedicated to:

- Abundance - water/food/shelter for all;
- Solace for all who grieve;
- Storing of resources, gathering of potential
- Forward paths with possibility
- More love/less war
- & Peace Within for All.

Other Info/Logistics:

- Open every evening through the Wintertime, (and as springtime begins to push up!)
- Hours: Dark till before 10pm
- Walk at your own Risk. Bring a friend.
- Wear sturdy shoes.
- Be prepared for weather conditions.
- Return and walk again, as often as you like.

Check our website & app for special gatherings. Come enjoy every season at Wellsview! Wishing you Peace Within.

MARK YOUR CALENDAR!

Special Labyrinth Public Gathering Dates:

(With the WE Herb Shop open & the FireMaster here!)

Midnight Madness Thursdays 4 - 9pm

Solstice December 21, 2023 4 - 9pm

Saturday, January 6, 2024 4-9 (w/paella!)

Sunday, January 14, 2024 7:30/post Sound

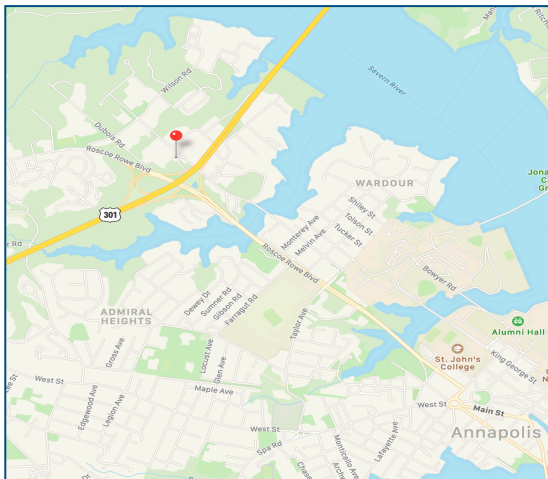
Saturday February 10, 2024 4 - 9pm (CNY)

WOULD YOU LIKE TO HOST YOUR PRIVATE EVENT AT THE LABYRINTH?

We are happy to open our Center for your private gathering on weekends and evenings. Our Herb Shop, Studio and Patio spaces are available for rental for your special event.

LOCATION: We are located on Ridgely Avenue across the street from the Weems Creek Medical Center, at 611 and 613 Ridgely Avenue, Annapolis, MD 21401.

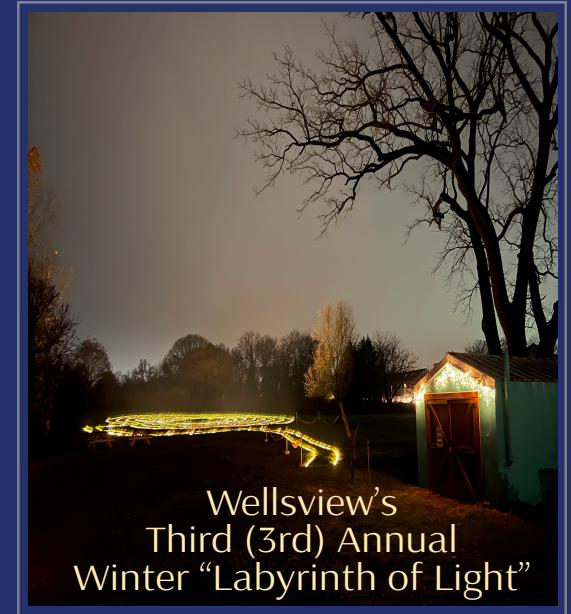
BeWell@WellsviewCARE.com
410-266-5608



WELLSVIEW COTTAGE

Center for Holistic & Integrative Health

www.WellsviewCottage.com



Wellsview's
Third (3rd) Annual
Winter "Labyrinth of Light"

BeWell@WellsviewCare.com

611 & 613 Ridgely Avenue
Annapolis, MD 21401



WELLSVIEWCARE LLC

ONE-ONE HOLISTIC
SESSIONS, LIFE SKILLS
CLASSES, SELF-CARE
CIRCLES.

WellsviewCARE offers West meets East Healthcare that is completely client centered. Our Nurse Practitioner and East Asian Medical Doctor are here to collaborate with you for your best choices along your wellness journey. Like along the labyrinth, you will find your way - hopefully with joy and partnership.

WellsviewCARE also provides Licensed Massage therapy, Sound and vibrational therapies,

Our classes include yoga, meditation, mindfulness, herbal and true forks cooking classes, herbal workshops, journey dance, and other workshops as my be sponsored by our community.

We will work with your insurance as much as possible. Our memberships & packages help keep the costs just right for you too!

Here are QR codes for our WellsviewCARE APP! We hope to see you at our lifestyle practice classes & one-to-one personalized healthcare appointments.



Here's our Venmo QR code to donate to WCK and Wellsview's "Emergent Fund." Learn more on our websites.

Thank you for all your donations!



WELLSVIEW MARKET LLC,
DBA



HERB SHOP, APOTHECARY, CAFE
www.WEHerbShop.com

The 'WE' is called the the WE - because we're all connected! Wellsview celebrates this reality and seeks to grow community wellness with outdoor events, nature days, community projects, retreats, and care for our native medicinal herbs within the botanical sanctuary that we steward on our campus. Delight in warm beverages this winter and find wellness gifts and more in the Herb Shop. The WE will be open on weekends in December (8 - 2pm) and for the special Labyrinth Gatherings too! We hope you'll join us - and come "BE the WE!"

WELLSVIEW COTTAGE LLC

Welcomes Independent Holistic Practitioners to work independently in our Center's Treatment Spaces and participate along side WellsviewCARE as a thriving community dedicated to community wellness. We are reimagining healthcare. Come grow your business with us!

Learn more about **WELLSVIEW COTTAGE**, **WELLSVIEWCARE**, and the **WE**:

W.E Herb Shop, Apothecary/Cafe

www.weherbshop.com
www.wellsviewcottage.com
BeWell@WellsviewCARE.com
410-266-5608



A Mediation / An Approach toward your Walk:

- First take a moment to center yourself at the start of the labyrinth, taking a few deep breaths. Calm your heart and mind, and acknowledge yourself & your journey.
- Begin your walk.... Set your personal pace. With your first steps, set your personal intention:
- Some examples: Maybe your intention is "Playful?" Or one of "Thanksgiving" for gifts in your life? Or maybe it is for "Mindfulness" to reflect on this very moment? Or maybe you are honoring a special beloved? Maybe for you it is about "Solving a conundrum," or deep inner concern; Or maybe it is to imagine a "Creative possibility" for yourself & others? Or something else all together.
- As you walk, be conscious and aware on the placement of one foot before the other and notice the rhythm of your breath and steps.
- If you are walking to problem-solve, the invitation is to surrender and let the problem go as you take this walk. Let the burdens fall. Walk as if you have no problems at all! You can for a few minutes here let it all go in your mind/heart.
- Same if you find you're holding that intention too tightly... let it go too for the walking part!
- Feel free to pause along the way. Let yourself be peaceful for a bit. (It is a practice.)
- It also feels great to take your time. You have all the time you need! Let folks gently pass you or you may gently pass them.
- Then, after some time by the warmth of the fire (or the symbolic fire/lanterns), in your own preferred time, begin walking back out. Retrace your path, staying present to each step. Take a few moments to accept any insights, gifts and thoughts that may have arrived for you along the journey/walk. Honor yourself, and know awareness and gifts of the path may yet unfold!

WE Herb Shop will be open for all of the official Wellsview Gatherings and is now open on Saturdays and Sundays 8 - 2! Let us know if you want to host your own private gathering! See you at Wellsview.