



## The Lodge at Woodloch Announces New Labyrinth Workshops

Award-winning destination spa adds to the natural beauty surrounding the property with a Lotus Labyrinth

**For Immediate Release:** Hawley, PA, August 12, 2015- With the addition of a new custom designed Lotus Labyrinth this spring, fitness and wellness expert Cindy Wasilewski has gathered her team to develop a series of new workshops to highlight the property's newest amenity. The new Labyrinth will offer new programming and a serene location for meditation and relaxation hugged by the arms of the forest. Uniquely designed by Katja Marquart, Associate Dean & Head of Interior Architecture at the University of Wisconsin, the Labyrinth features a lotus flower at the entrance and exit of the Labyrinth, 9 circuits and a surface area of over 1,589 square feet. The Lodge sourced the perfect craftsman, Mark Bell of Rock Solid Landscaping, to carefully lay each stone. The full team also sourced the Veriditas Organization, the authority on educating and training about Labyrinths throughout the world to certify them on Labyrinth Facilitation.

What is a Labyrinth? According to Veriditas: *"The labyrinth is a walking meditation, a path of prayer and an archetypal blueprint where psyche meets Spirit. It has only one path that leads from the outer edge in a circuitous way to the center. There are no tricks to it and no dead ends. Unlike a maze where you lose your way, the labyrinth is a spiritual tool that can help you find your way."*

A peek at the custom design of the Lotus Labyrinth is:



### **The new workshops launching this summer include:**

#### The Journaling Journey

Place your feet on the intriguing circular path that is our Lotus Labyrinth; remembering, releasing, receiving then returning, step by step. The Labyrinth is a sacred space used since ancient times for walking meditation. Reflect on your experience in your personal Lodge journal. Awareness, presence and inspiration are just around the next turn.

#### Mindfulness in Motion

Learn how to use the labyrinth for meditation practice, a serene mindfulness in motion. This is a wonderful practice for those who find it difficult to quiet the mind and body during seated meditation.

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### Walking Meditation on the Lotus Labyrinth

Learn standing postures for grounding and centering, while practicing the art of walking peacefully along the path to mindfulness and relaxation.

### Opening Labyrinth Walk

This class is for the inquisitive person who wants to learn a little bit about the What, Where and How of Labyrinth Walking. There will be a 5 minute lecture followed by a Labyrinth Facilitator guided walk.

### **About Veriditas:**

Veriditas is a 501c3 non profit incorporated in the State of California in 1995 by Lauren Artress. The word "Veriditas" originated with Hildegard of Bingen and means "the greening power of life".

*Mission:* Veriditas is dedicated to inspiring personal and planetary change and renewal through the labyrinth experience. We accomplish our mission by training and supporting labyrinth facilitators around the world, and offering meaningful events that promote further understanding of the labyrinth as a tool for personal and community transformation.

### **About The Lodge at Woodloch:**

The Lodge at Woodloch is one of the finest all-inclusive luxury destination spa resorts in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 400+ wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The award-winning property features 57 luxury accommodations, a 40,000-square-foot spa, gourmet restaurant and more. Additional information and reservations are available toll-free at 1-800-WOODLOCH or visit [TheLodgeatWoodloch.com](http://TheLodgeatWoodloch.com), [Facebook.com/LodgeAtWoodloch](https://www.facebook.com/LodgeAtWoodloch), Twitter ([@LodgeatWoodloch](https://twitter.com/LodgeatWoodloch)) and Pinterest ([@LodgeatWoodloch](https://www.pinterest.com/LodgeatWoodloch)).

**Media Contact:** Brooke Jennings Roe, Director of PR & Marketing  
(347) 256-1598, [bjennings@thelodgeatwoodloch.com](mailto:bjennings@thelodgeatwoodloch.com)