

Armenian Heritage Park

on the Rose Kennedy Greenway, Boston

Remembering. Honoring. Celebrating.

LABYRINTH WALKING WELLNESS SERIES: SUMMER 2021

A program of Friends of Armenian Heritage Park in collaboration with
The Greenway Conservancy Fitness program

Sunday, June 13 at 2pm

Labyrinth Walking: Mindfulness Tool

An introduction to mindfulness practices and how labyrinth walking can be used as a mind quieting tool. The labyrinth at the Armenian Heritage Park is a welcome oasis in the middle of the busy North End of Boston and our busy lives.

Sunday, July 11 at 2pm

Labyrinth Walking: Self-Awareness Practice

A walk and conversation about the self-discovery process to help you tap into your inner wisdom and increase confidence. This time will focus on exploring a movement-oriented mindfulness practice that you can do anywhere.

Sunday, August 1 at 2pm

Labyrinth Walking: Wellness Journey

A walk and conversation that centers on self-compassion and community connection. As we connect more mindfully with ourselves, we are able to create deeper and more meaningful relationships with those around us.

Co-Facilitators:

Kristin Asadourian, MSW - Leadership Coach and Founder of Living Become, LLC

Katrina Piehler, CWC, LMT - Wellness Coach and Founder of Living from Center

RSVP

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