



Creative 360
Stage, Studios & Gallery

news

MAY 14, 2009

What: **Create a Labyrinth – Tuesday, May 26, 6 – 8 pm**
Walking the Labyrinth – Wednesday, May 27, 10 – 11 am
Where: Creative 360, 1517 Bayliss Street, Midland
Cost: \$25 (Create a Labyrinth); \$10 (Walking the Labyrinth)
Information: Call 989-837-1885 or visit [www:bcreative360.org](http://www.becreative360.org)

[Midland] – The outdoor space at Creative 360 becomes the entry point into an ancient yet modern form of self-awareness and fresh insight on May 26, as instructor Janet Love facilitates the construction of a labyrinth by students in her “Create a Labyrinth” class. The next morning, participants will walk the labyrinth created the evening before, in a traditional practice to deepen awareness and open the heart. A participant in a previous “Create a Labyrinth” class with Janet Love states, “I loved this. I had no idea of what a labyrinth was before the class. It was fantastic and I want a labyrinth in my yard.” Rain dates for the outdoor classes are June 2 (Create a Labyrinth) and June 3 (Walking the Labyrinth).

The labyrinth form, familiar through legend and Greek mythology, has many symbolic associations, and in some cultures represents the journey of life. Unlike the puzzling form of the maze, a labyrinth has an unambiguous through-route to the center and back and is not designed to be difficult to navigate. Walking a labyrinth therefore relaxes the mind and encourages contemplation of the human experience beneath the ever-changing play of thought on the mind’s surface. In the modern era, the Argentine writer Jorge Luis Borges was entranced with the idea of the labyrinth, and used it extensively in his short stories. His use of it inspired other authors’ works, including Umberto Eco’s *The Name of the Rose* and Mark Z. Danielewski’s *House of Leaves*.

About the instructor

Janet Love began practicing dance at an early age, which led to study with a professional dance company. She has experience as a personal trainer, helping people improve the quality of their life through exercise and diet, and now teaches Kripalu Yoga at Creative 360. She has been accepted to pursue advanced study at the Kripalu Yoga Institute in Stockbridge, Massachusetts, in May 2009. She crafts hand-made jewelry and has made a personal study of the labyrinth as a support to her own inner journey.

About Creative 360

Creative 360, formerly Creative Spirit Center, is a not-for-profit community arts and wellness organization founded in 1994. The Center’s mission is to create an environment for people of all ages to experience the creative process through ongoing classes, exhibits, events, concerts, speakers and outreach programs; and its goal is to enhance the development of physical, psychological and spiritual wellness through the arts and humanities. Printed Summer 2009 schedules showing all classes and events at Creative 360 are available at no

charge. Telephone 837-1885 to have schedules delivered to your business or location, or mailed to your home.

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