

Equinox Balance Day

Sun Sept 22, 1-3
@ Warren Circle
Labyrinth

@ grass circle off University Blvd & Warren Ave, between University Hall, Mary Reed, Iliff Hall; map + RTD & parking w/ RSVP

spiritual_life@du.edu | 100 Days of Spiritual Wellness



Let's gather as a community to set our intentions for equilibrium & healing.

We'll bring small stones for you to carry into the center of the labyrinth...

...and we'll bring them back for a bookend Balance Day on June 8!

No formal program; come and go as you prefer; we will greet you with prompts, stones, and refreshments!

RSVP

bit.ly/equinox_balance24



Many ancient and contemporary traditions view the labyrinth as an invitation to self discovery and spiritual wellbeing

A Collab between University of Denver & Iliff School of Theology led by Profs. Daniel McIntosh & Sarah Pessin