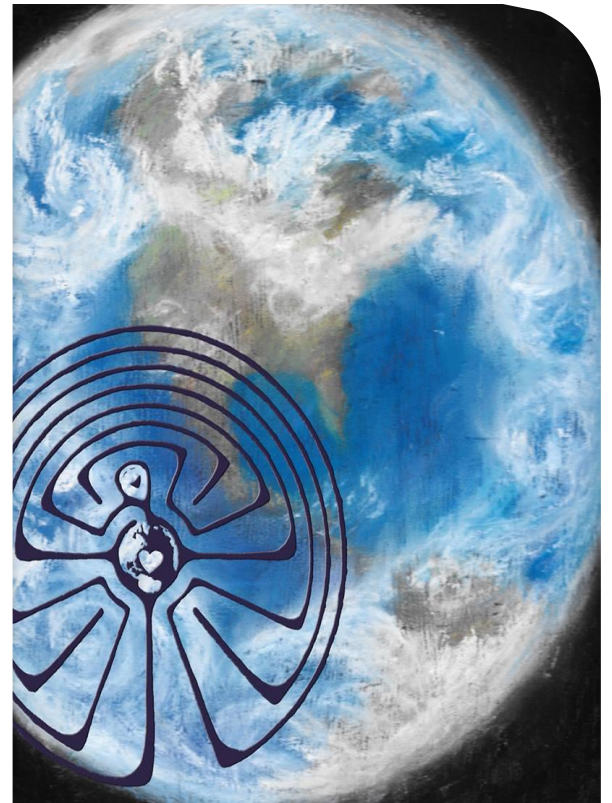


# LevityZen

THE WAY OF LAUGHING  
LABYRINTHS

A JOYFUL MINDFULNESS  
METHOD



**Our Mission: Expanding mindfulness programs with laughter & levity within sacred geometry infused labyrinths.**

**LevityZen is a mindfulness method infusing laughter, compassion, intention and connection together... for schools, colleges, retreat centers, yoga studios, businesses and service organizations!**

**LevityZen Labyrinths create beautiful spaces within yoga rooms, gyms, conference areas and gardens.**



*"I didn't realize how easy it is to engage laughter!"*

Pat. B

*"I have so much energy- no more afternoon slump."*

Tony M.

## ENJOY A FACILITATED TEAM-BUILDING EXPERIENCE WITH LEVITYZEN LABYRINTH PAINTING!

Yes, we can create a LevityZen Labyrinth custom for you... and yet... consider having your team, company, class or group create a LevityZen Labyrinth together! All supplies are provided, as well as the guided exercises for how to use the LevityZen Labyrinth.

Life is full of challenges, so we need a full range of tools to keep us light-hearted, energetic and inspired.



## WE ALL WERE BORN TO LAUGH!

No matter your age, the best state of being for doing our best work, learning new information or expanding illumination, is feeling relaxed, with energetic eagerness.

Stress is a result of feeling unable to address challenges with ease. Sometimes we need tools to help us back into that state of being relaxed, effectively and collaboratively.

### LevityZen addresses struggles with:

- ✓ Time Management
- ✓ Feelings of inadequacy, hopelessness, anxiety, discouragement, loneliness
- ✓ Being in an unproductive state
- ✓ Thoughts of failure or exclusion
- ✓ Stress causing health issues

Labyrinths instantly create a place for healing, peace and interconnectedness.

They are sacred places that connect mind, body and spirit, through a simple walking meditation. They positively transform places for wellbeing... plus, our state of being.

Laughter meditations within a labyrinth, expands our capacity to feel blessed and inspired to follow our bliss!

# LevityZen Labyrinth Options:

1. Painted interlocking foam and cork mats with case  
From 6' - 20' in diameter



2. Painted or simply constructed outdoor installations



3. Painted canvas in various sizes



## PLACES FOR TRANSFORMATION

LevityZen expands mindfulness programs by offering levity tools such as yogic-laughter, sacred geometry, envisioning and labyrinths for leveraging people's energy up and together.

It is based on principles from both the laughter wellness and laughter yoga programs, with fun activities focused on heart connections.

It integrates rhythm, playfulness, movement, breathing techniques, and positive reinforcement.

It is an ideal program for individuals at any age or ability to easily release stress, boost morale, and increase energy.

It encourages all staff to creatively empower their collective intentions and visions for company success.

# EXPERIENCE LEVITYZEN!

We all are born to laugh... It is our first expression of our innate inner bliss. It is the human body's natural way to deal with stress, as discovered through Dr. Annette Goodheart's research, as well as many studies. As we grew older, humor became the main catalyst for prompting laughter. With LevityZen, we can re-initiate laughter and the power of joy as a means for improving inter-relations, personal wellbeing and even the business bottom line!

We are professional laughter leaders having fun bringing laughter and labyrinths as powerful meditations and teambuilding tools!

Debbie is an energetics practitioner, program leader and former nurse. Traci is a labyrinth artist and an author-speaker. Together we lead impactful seminars and install LevityZen programs for diverse clients, inspiring peace within and all around the world.



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## OFFERINGS...

**Experience LevityZen:** We will lead a LevityZen Laughing Labyrinth seminar within your organization with a sample LevityZen Labyrinth.

...Perfect for leadership teambuilding sessions, employee wellness events, keynote presentations, school mindfulness programs and trainings!

**Then consider: A Custom LevityZen Labyrinth Installation:**  
Traci Mc. Merritt gives design consultations on how to implement individual and group processes and location of the LevityZen Labyrinth. This could be an Interior or exterior space with custom portable or permanent options.

**Or... The Facilitation of Your Team Painting a LevityZen Labyrinth:**  
We provide the materials and template for your organization to paint the labyrinth together!

**LEVITYZEN.COM**