



LABYRINTH COSMOLOGY: FINDING YOUR ROLE IN OUR EVOLVING UNIVERSE. A QUALIFYING WORKSHOP WITH LARS HOWLETT

In this workshop, we will discover the universal patterns and symbolism woven into the design and experience of the labyrinth. We'll explore this ancient archetype as a map, mirror, and mandala for exploring the metaphors of life. The labyrinth can help us better understand our individual and collective journey as we return to our center and orient ourselves with the universe. Together, we will reflect on our orientation, perspectives, and connection with the cosmos, using the labyrinth to behold our personal cosmology. Through making, tracing, and walking labyrinths, we can find our role in the evolving universe.



This class is for people new to the labyrinth or seasoned enthusiasts wishing to deepen their practice. It is a qualifying workshop for those wishing to take the labyrinth facilitator training with Lars and Laura Esculcas that continues the next week. For more information see: <https://www.Veriditas.org/FT>

When 24 Jan 2026
1:00 PM - 6:00 PM (PST)

Location Online

Registration
(depends on selected options)

Base fee:

Regular – \$150.00

Enroll at
[Veriditas.org/calendar](https://www.Veriditas.org/calendar)

“Symbols enable us to enter into experiences that are otherwise impossible.”

– Brian Thomas Swimme



Lars Howlett, Faculty

Lars Howlett builds, walks, and photographs labyrinths as a practice in mindfulness. He is a [Veriditas Faculty Member](#) and Certified Advanced Labyrinth Facilitator having trained with the leader of the labyrinth movement, Lauren Artress, at Grace and Chartres Cathedrals. For three years he was the apprentice to Master Builder Robert Ferre, learning the art of sacred geometry and his methods of creating proportional and precise Classical and Medieval patterns. In 2015 he launched Discover Labyrinths LLC based in the San Francisco Bay Area. Lars inherited his mentor's custom tools, labyrinth library, and workshop curriculum. In 2017 Lars was named a Master Builder by contemporaries in his field.

Now leading a new generation in designing and building labyrinths, Lars works hand-in-hand with individuals and institutions. In workshops, writing, and tours, he shares his experiments and experiences. He has been an invited speaker at schools, retreat centers, art museums, and at Grace Cathedral, as well as the 2011-16 conferences of the Labyrinth Society (TLS). He is a member of the Wisdom Circle of TLS, serving as a board member from 2014-17 and was the coordinator for [World Labyrinth Day](#) from 2014-18, a global event with more than 5,000 participants in 30+ countries on the first Saturday in May. In 2021 he became a part-time staff member of Veriditas as the webinar coordinator, social media manager and resource developer.