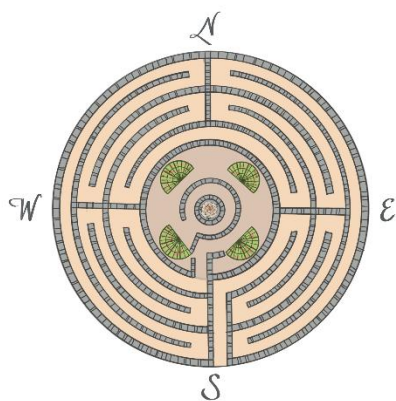


Descanso Gardens

A Place for Health and Reflection

THE ROSE GARDEN LABYRINTH

It is well documented that spending time in nature is good for your health – both physical and mental. Descanso Gardens, a 150-acre botanical garden with 30,000 member households and 950,000 annual visitors is a place to spend time for your health. Located in La Cañada Flintridge, just minutes from Pasadena, Glendale, and Downtown Los Angeles, the garden is an urban retreat known for its significant botanical collections nestled under groves of more than a thousand twisting Coast Live Oaks. Descanso Gardens is accredited as a “museum of living collections” by the American Alliance of Museums and is also on the National Register of Historic Places. With an expected 1 million visitors in 2023, the Gardens are committed to offering wellness and providing tools for a healthy mind-body connection of our visitors.



Descanso Gardens recently completed a walking *Labyrinth* in the 5-acre Rose Garden. A labyrinth is an ancient archetype used for centuries across cultures as a tool for contemplation and spiritual centering. Unlike a maze, there are no dead ends, but one clear path to the center and out again. The repetitive experience of a labyrinth walk contributes to mental, emotional, physical, intellectual, and spiritual well-being. The installation at Descanso is complemented by a *Labyrinth Meditation* and a *Senses Meditation* by Mariko Tu, encouraging visitors to open their senses, focus on the present moment, pause to reflect, and listen for deeper revelations. We are committed to seeing the number of meditations grow - including in different languages.

The *Labyrinth* promotes the following mind-body benefits:

- The *Labyrinth* is a space to move, breathe, slow down, and find moments for quiet contemplation.
- The experience improves emotional well-being by reducing stress, fear, anger, and discomfort, and promotes the feeling of calmness and balance.
- Breathing in natural oils released by herbs and plants surrounding the *Labyrinth* lowers blood pressure and boosts the immune system.
- The experience increases the ability to pay attention and focus in the fast-paced lifestyle arena of modern life.

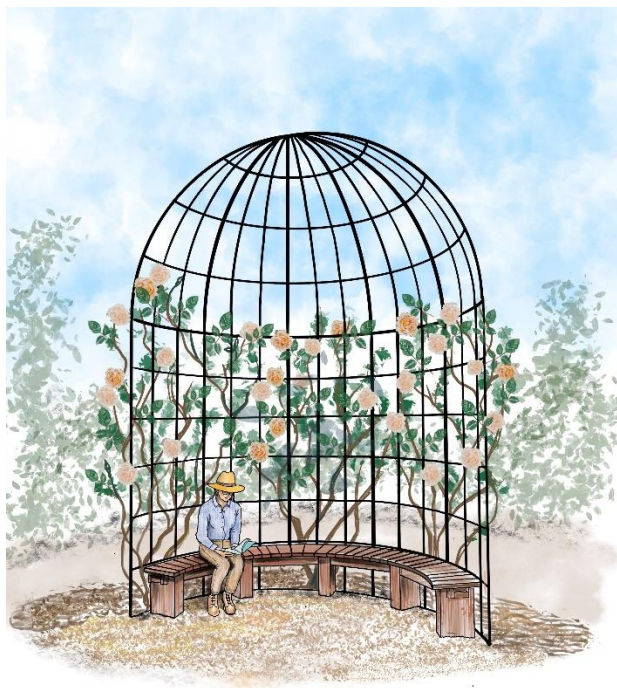
To hear the meditations, you can use the QR code:





SPONSORSHIP OPPORTUNITY

At Descanso, we strive to create and nurture a natural, serene setting that offers a variety of experiences to people of all ages. We also want to give people the opportunity to stop, sit, see, and contemplate a bit. The Rose Garden's Labyrinth provides an ideal setting where guests can take a break and enjoy the view. Your tax-deductible gift provides important unrestricted support for Descanso Gardens, helps maintain a diverse living collection of plants and promote public understanding and appreciation of plants and the natural environment.



LABYRINTH SPONSORSHIP

Sponsoring the Labyrinth and its programs
(\$100,000)

Benefits:

- Plaque at the entrance of the Labyrinth,
- Recognition in the beginning of all pre-recorded guided meditations,
- Programming sponsor recognition on the website and future printed materials,
- Recognition/ logo in marketing eblasts inviting guests to programming events at the Labyrinth.

The Labyrinth sponsorship is fully tax deductible. For details on this sponsorship opportunity, contact Somer Sherwood-White, Director of Advancement, at (818) 952-4389 or ssherwood@descansogardens.org.