

prayer, meditation, reflection and mindfulness

To walk a labyrinth you need no previous experience or specialist knowledge, just

be in a stillness, take a few moments to

x find a quiet place to sit or stand, take a few deep breaths, and then journey back out

x It's great to do this every day, or as often as you can, as it helps to clear your mind and bring you back to the present moment

x Some people find it helpful to use a prayer wheel or a rosary as they walk, to help them stay focused and in the present moment

x You may want to try walking it barefoot

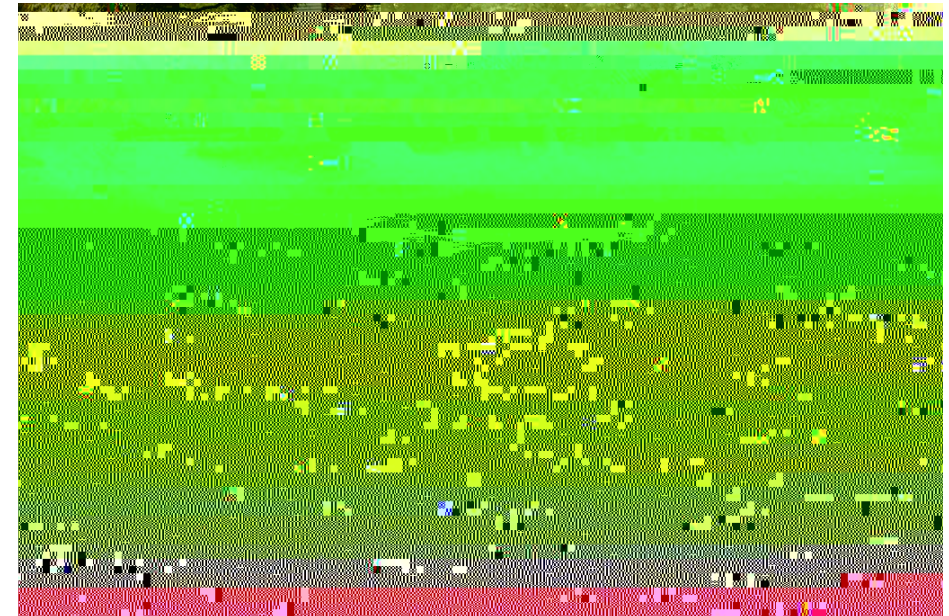
x You don't have to do it alone, but it's best to do it on your own

x Similarly, you can leave it as a gift

x It's a great way to spend time with yourself, and it can be a very powerful experience. The rhythm of moving

x It's fine to see other people walking the labyrinth

x Some people find it helpful to use a prayer wheel or a rosary as they walk, to help them stay focused and in the present moment



floor of Chartres Cathedral, but labyrinth designs date back to

the 12th century, and were used by monks as a way of