

The Labyrinth

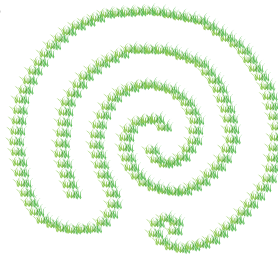
The Labyrinth is a circle of one path that leads to the middle and then back out again.

The labyrinth is NOT a maze. A maze is designed to confuse the brain. The labyrinth is designed to calm the brain.

It is used to help us find our centre. Like a walking meditation.

It is a great place to go when you need to figure things out, when you are sad, or confused or even angry.

It is a mirror of life, it has twists and turns, just like life.

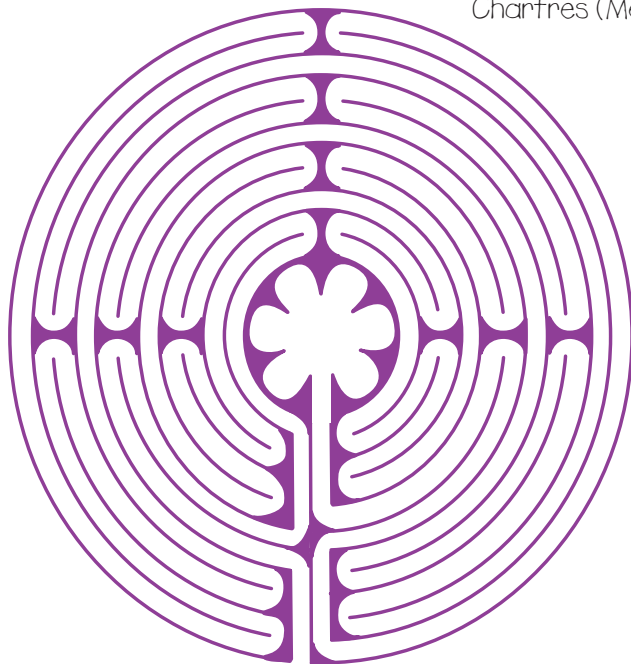


The labyrinth is like walking to your inside, to your heart.

You can also have a lot of fun with it. There is no right or wrong way to walk or dance or run a labyrinth.

There are many different kinds of labyrinths, all over the world.

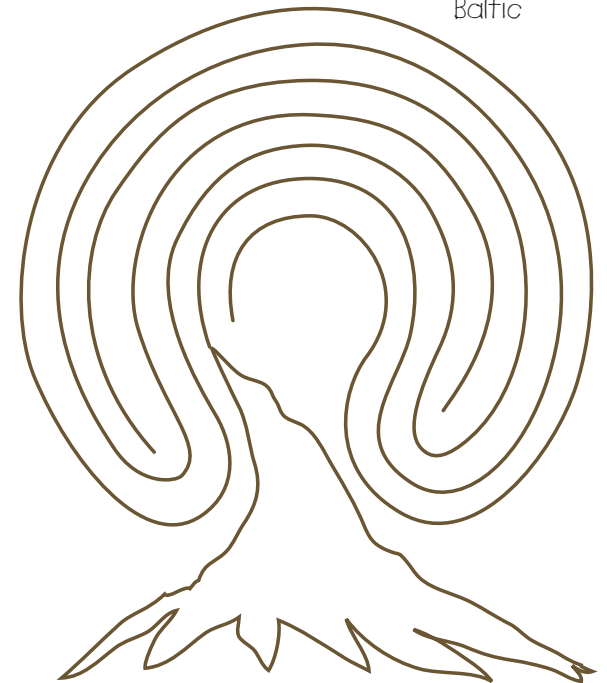
They date back in history to a long, long time ago. The truth is, we don't really know where they started, but we know they are very old.



Chartres (Medieval)



Classic



Baltic