



WALKING THE LABYRINTH AT ELEMENTS

A Sanctuary in the Woods

Welcome to the Labyrinth at Elements Yoga & Wellness Studio.

The labyrinth is a sacred place set aside for you to reflect, look within, pray, and experience the rhythm of a walking meditation. The rhythm of walking, placing one foot in front of the other, empties the mind, relaxes the body and refreshes the spirit. This has been created as a gift to my community, to enjoy as often as desired at no fee. I recognize the blessings of my life and the property I care for, please consider this yours to share and enjoy.

“Walking the labyrinth clears the mind and gives insight into the spiritual journey. It urges action. It calms people in the throes of life transitions. It helps them see their lives in the context of a path, a pilgrimage. They realize that they are not human beings on a spiritual path, but spiritual beings

on a human path.”

by Lauren Artess,

Walking a Sacred Path



1 - Options

As you walk into the forest, you may enter the labyrinth directly from the pathway, or you may wish to circle the perimeter as your meditation, or sit and observe. There is not a requirement for how you experience the labyrinth; this is your time. You may wish to reflect and observe, spend time in gratitude, bless the people in your life, contemplate an issue, or ask a question to hold during your time.

2 - Enter

Walking into the labyrinth - This is the time to fall into the cadence of a gentle pace that may bring a sense of calm and clarity. You may wear shoes or go barefoot. Open your heart to feel whatever it might feel. Become aware of your breathing. Relax and move at your own pace. Please respect the sanctity and silence of the forest and if you encounter other people, allow

3- Arrive

As you arrive at the CENTER - Pause and stay as long as you like. LISTEN. BREATHE. & Just BE. There are no expectations at center, just arrival and being with what is. You may have a candle that you'd like to place, an intention stone or you may do a sun salutation.... anything is fine. There are crystals in the center that you may take, if you feel guided to do so.

4- Return

Walking out of the labyrinth - When you are ready, begin walking out the same path you followed in. Walking out, integration of your experience happens. Experience the sense of well-being, healing, invigoration or peace.

Each labyrinth experience is different, I recommend repeating this often and noticing what unfolds for you. Listen to your heart.