



Walking a Labyrinth



Labyrinths are found in many spiritual traditions. There are different designs but they follow the same general design of a pathway in to a centre point and a pathway back out again. They are used to aid prayer, meditation, reflection and mindfulness.

To walk a labyrinth you need no previous experience or specialist knowledge, just bring a willingness to be open and attentive.

- Traditionally people follow the path to the centre, spend some time there, and then journey back out
- You may choose to focus on your breathing and the process of walking, feeling how your body works
- You may want to ask what it is that you are carrying as you journey to the centre, and what it is you need to let go as you journey outwards
- You may want to try walking it barefoot
- You don't have to stick to the path, choose a point to start and take it from there
- Similarly you can leave at any point
- Be aware of and sensitive to other users, but stay at your own pace and rhythm of moving
- It's fine to pass other people walking the labyrinth
- If you follow a particular faith, you may want to meditate on a scriptural verse as you walk



Our labyrinth is based on the medieval design found on the floor of Chartres Cathedral, but labyrinth designs date back to the Bronze Age.

You will find it behind the car park outside Woodbury Building.