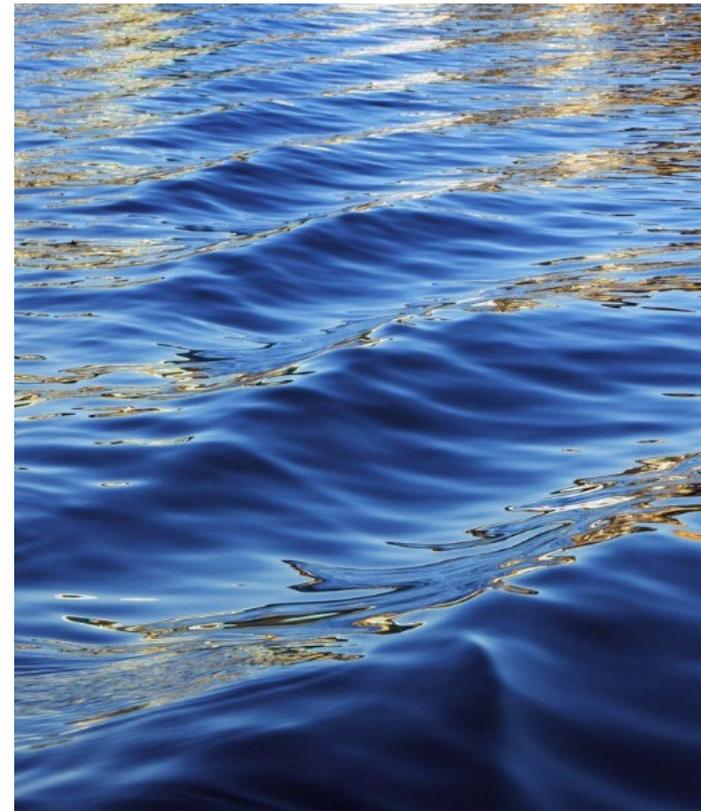




# Labyrinth Walking

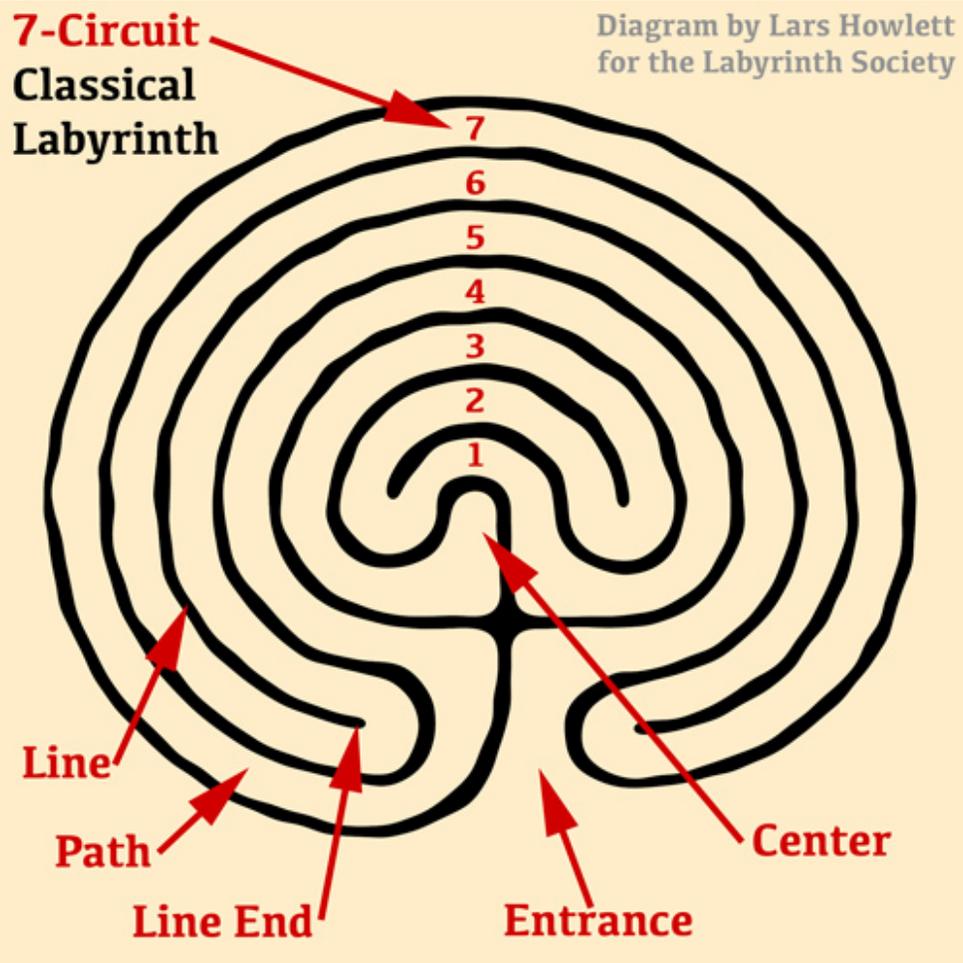
Finding Peace on the Path



# LABYRINTH HISTORY & DESCRIPTION

- **A labyrinth is a meandering, singular path leading to a center.**
- **Labyrinths are an ancient archetype dating back 4,000 years or more, used symbolically, as a walking meditation, choreographed dance, or site of rituals and ceremony, among other things.**
- **Labyrinths are tools for personal, psychological and spiritual transformation, also thought to enhance right-brain activity.**
- **Labyrinths evoke metaphor, sacred geometry, spiritual pilgrimage, religious practice, mindfulness, environmental art, and community building.**

# LABYRINTH – COMMON DESIGN AND DESCRIPTION



# LABYRINTH AROUND AMERICA

- Saw this project online and reached out to Clive in April 2017
- Clive visited and laid out his Labyrinth at our Free Library of Monroe Township in November 2017
- Inspired our plan to build a Labyrinth onsite
- We stayed in touch, and he remains a friend & resource



# Sustainable Monroe Township Labyrinth

- Discovered The Labyrinth Society and found Diane in 2019.
- We met & planned over a few months and laid out the design w/Landscape flags.
- We worked with a local Girl Scout who expressed interest to install the Labyrinth as her Gold Award Project.





*Please join us this Saturday 9/21/19 from 10 – 11 am*

## Peace Pole Installation Ceremony

*directly behind the Free Public library of Monroe Township  
at the Williamstown Organic Community Garden*

We have hosted many events at the Labyrinth including Walks to mark the Solstices, Full Moon, World Peace Day, we've hosted Yoga events, Drumming, and Meditation, and have received great support from the Community!







## December 2019, 1<sup>st</sup> annual Solstice Walk

Over 50 people joined us for our 1<sup>st</sup> community event marking the Solstice; we did a meditation and sound bath inside, then came out and walked the Labyrinth. Some friends from nearby Runnemede, NJ were inspired to build a Labyrinth in their town!



## December Sound Bath & Labyrinth Walk

12/12/23; Join us inside this month, as we celebrate December and get ready for the Solstice! We'll have a finger Labyrinth exercise & then Joelle will offer a sound bath meditation. You're welcome to walk the outdoor Labyrinth before or after our session. Parking for this month will be in the front lot, and we are in Conference room C.

# SMT LABYRINTH LINKS

- [The Labyrinth Society: The Labyrinth Society](#)
- [World-Wide Labyrinth Locator - Welcome](#)
- [Home of the Labyrinth Movement \(veriditas.org\)](#)
- [Sustainable Monroe Township Labyrinth Group](#)

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