Experience the PEACE at Leila Arboretum
LABYRINTH

A LABYRINTH IS...
- a winding path within a circle...
- more than 3,500 years old...
- found in cultures around the world...
- an archetype for our time...

A LABYRINTH AIDS...
- seekers on an inward journey...
- relaxation and stress-release...
- personal meditation...

A LABYRINTH’S DESIGN...
- is seven circuits (Cretan)
- winds to the center on a single path...
- is not a maze...

A LABYRINTH’S SETTING...
- may take many forms...
- is enriched by nature...
- connects people with the earth...

WHEN WALKING A LABYRINTH...
- clear your mind and notice your breathing...
- let your body choose its pace...
- respect others in silence as you pass...
- linger at the center and be aware of your surroundings...

RELAX
- by letting go of the details of your life and quieting your mind, the Labyrinth experience can help you

RELEASE
- as you pause at the center, it can let you be open to

RECEIVE
- an image or inspiration.
- This personal journey can help you return to your world

RENEWED.
Experience the PEACE of Lalla Arboretum Labyrinth...

The Labyrinth is located within the Lalla Arboretum, 92 W. Michigan Ave., near 20th St. Battle Creek, MI 49017. Past through entrance and turn left. Self-directed or scheduled, facilitated group-walks are available throughout the year.

Mention of the Lalla Arboretum Society 517-968-0279 www.Lallagarden.org

“to take an appreciation of nature and the interaction of people and plant”