On being grateful

Allow yourself some time to reflect on those things you are grateful for, the things that bring light and hope to your life. The meditative and reflective nature of a labyrinth walk provides a walker with some quiet reflection time, gentle exercise and a momentary escape from the stresses and anxieties associated with daily life.
If you don’t know of a labyrinth nearby, the Labyrinth Locator will enable you to find a labyrinth you can walk near you, anywhere in the world. If you cannot find one nearby or you would prefer to walk indoors, this link will take you to the template for a labyrinth. You can walk it by tracing the path with your finger. Or print it and indulge in some create coloured design work 😊 Or take a virtual labyrinth walk