

Calming and Quieting Walks

The labyrinth form offers shifting, inspiring and renewing perspectives on its spiral path. These calming and quieting walks invite you to:

- focus on restoring harmony and balance

Use a personal, school or community labyrinth, or, download a labyrinth seed pattern to make one [here](#)

Preparing to walk:

- Remove your shoes (if safe), turn off phone
- Focus: select from the suggested pointers
- Walk with soft eyes, be respectful of any other walkers already on the labyrinth, feel free to walk around other walkers

What colour has your day been?

What made it that way?

What colour will it be tomorrow?



Ask a colleague to walk with you.

Let everything go.

What shape would best fit your day?

What shape would you like tomorrow to be?





Think about special peaceful moments. Where were you? What made it peaceful? OR

Recall a moment when you felt the presence of peace. Walk with it.

The Walk

At the entrance: breathe in, breathe out three times

Walking in

- focus on the suggested pointer

Centre:

- silence, stillness, receiving
- stay in the centre as long as you like, rest in the presence,
- be aware of what you are sensing – your thoughts, your, feelings

Walking out

- where will I take these insights, feelings, thoughts
- how are they rejuvenating me?

After the walk, pause quietly and focus again on breathing in and breathing out, three times.

