

## What is a Labyrinth?

A labyrinth is an ancient circular pattern found in many cultures around the world. Unlike a maze, there are no dead-ends. The labyrinth engages the body, mind and spirit through the focused attention needed to walk its twists and turns. For decades labyrinths have been a tool for meditation, prayer, and ritual.

## Walking the labyrinth

can help release patterned behavior, thoughts, and feelings. Mindfully strolling evokes your body's natural relaxation response, which is the opposite of our stressed state. The relaxation response slows breathing, heart rate, and lowers blood pressure.

## How to Use a Labyrinth:

1. Before entering, consider a thoughtful question, prayer, or calming image to hold it in your mind as you begin walking.
2. Simply walk the path. As you focus on your steps, everything else can melt away.
3. Upon reaching the center. Sit or stand with your eyes closed or looking downward. Take three deep breaths, and reflect on how you're feeling.
4. Walking back. Return to the question, prayer, or image you began with.
5. After walking. Try journaling about your labyrinth experience. What did you discover? What changed from the time you entered to the time you exited the labyrinth?

## Rental:

Wisdom Ways rents beautiful labyrinths of all sizes for rituals, celebrations, meditation, wellness retreats, games, and dancing. Items can be picked up or shipped (for an additional charge). Renter is responsible for all shipment fees, including international customs fees (when applicable).

## Interested?

Contact the Wisdom Ways office at [info@wisdomwayscenter.org](mailto:info@wisdomwayscenter.org) or call 651-696-2794.

## We Can Ship or You Can Pick-up

Items may be shipped for an additional charge; please inquire. View our Labyrinth Weights and Measures to help as you plan shipping and transportation for your rental. Also see our ritual resources to rent.



# LABYRINTH RENTALS



Carondelet Center  
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[www.wisdomwayscenter.org](http://www.wisdomwayscenter.org)



**36 ft.\* Chartres 11-circuit • \$200**

Classic Chartres style labyrinth in violet & cream on an octagonal canvas. This stunning labyrinth is great for small or large groups.

*Fits up to 30 walkers.*



**28 ft.\* Chartres 11-circuit • \$200 ea**

Classic Chartres style, 11-circuit labyrinths available in violet or green. Good for large or small groups.

*Fits up to 20 walkers.*



**23 ft.\* Waters Weaving 7-circuit • \$150**

Waters Weaving is a 7-circuit Santa Rosa style labyrinth with blue, rust & sage green on a round canvas.

*Fits about 6-9 walkers.*

*Created by Marilyn Larson during the Katrina crises. 50% of the rental fee will be donated to Habitat for Humanity.*



**20 ft. Dancing Woman 6-circuit • \$150**

Dancing Woman is a 6-circuit labyrinth painted violet on a square canvas. This inspiring labyrinth brings a joyful atmosphere.

*Fits about 4-7 walkers.*

*Created by Lisa Gidlow Moriarty in memory of her mother, after both battled cancer. 50% of rental fee will be donated to the American Cancer Society.*



**18 ft. Beach 5-circuit • \$150**

Beach is a 5-circuit labyrinth with symbolic water and sand painted on a square canvas. This is a delightful labyrinth popular with children & adults.

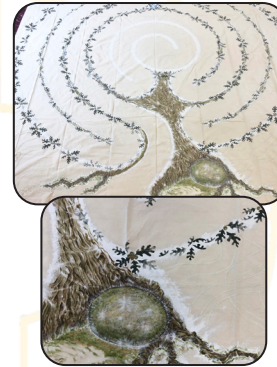
*Fits about 3-5 walkers.*



**15 ft. Wisdom Tree 5-circuit • \$150**

Wisdom Tree is a 5-circuit labyrinth welcoming walkers from the roots through the leafy branches of this beautiful tree in browns and greens.

*Fits about 3-5 walkers.*



**12 ft. Stonetree Spiral 5-circuit • \$150**

Stonetree Spiral is a 5-circuit labyrinth in earthy colors painted on a rectangular canvas. This captivating spiral embraces walkers as part of the whole of nature.

*Fits about 2-4 walkers.*



**12 ft. Island 7-circuit • \$150**

Island is a 7-circuit concentric labyrinth with symbolic circuits of water and land painted on a square canvas.

*Fits about 3-5 walkers.*



**12 ft. Yellow/Green 5-circuit • \$150**

Classic style 5-circuit impressionist style labyrinth in tranquil cool shades of green, blue and yellow on square canvas.

*Fits about 2-4 walkers.*



**12 ft. Peace Camp 5-circuit • \$100**

Peace Camp labyrinth is 5-circuits of colorful handprints. This vibrant playful labyrinth was created w/ the children who attended 2009 Peace Camp.

*Fits about 2-4 walkers.*



**28 in. x 76. in. Meander Wand • \$30**

The Meander Wand labyrinth has an unusual winding pattern. It's smaller size makes it perfect for children, an adult meditation hand labyrinth, or retreat wall hanging.



*\*These labyrinths are heavy, some exceed 80 lbs; Please keep this in mind when picking-up or receiving from shipping to ensure you have adequate help.*