

# LABYRINTH

The image below is a finger labyrinth. You can "walk" it with your finger. Tracing the path in the labyrinth can be relaxing. It also can be balancing as you journey back and forth to the center. Repeat several times in succession to get the most benefit. Try it with your non-dominant hand for more of a challenge. It will help you to give up control and break out of your routine response pattern. The spiral path of the labyrinth teaches us to slow down and refocus as we become more centered and balanced.

