

## Labyrinth Mindful Practice



### Intention

First of all, set an intention for your Labyrinth practice. How do you want to think/feel after practising? Is there a feeling/thought or sensation you would like to reduce? Or is there a way you would like to think and feel after – what is it?



**Start from here...**

## Observations

After you complete the labyrinth, note any thoughts, images, memories or sensations you remember.

How did the experience feel?

How do you feel about the labyrinth now?

Do you want to keep it? If not why and what will you do? (You may wish to keep/dispose of it – there is no right/wrong answer).

(Please note when teaching children, do they may not go in and out in the way you expect).