Reflection after Labyrinth Walk



- 1. Describe your inner sense/experience of the labyrinth walk.
- 2. Describe your experience of others.
- 3. Were you able to focus, quiet, be present? What helped this? Hindered this?
- 4. What words, messages, images came to you as you walked?
- 5. Record questions, surprises, gifts, frustrations this experience brought forth.