While waiting for your loved one, feel free to visit our **labyrinth** located in front of the COVID-19 ambulatory clinic – just down the hill surrounded by beautiful hedge gardens.

The labyrinth is a private space for reflection and meditation. You may walk the labyrinth using our guided meditation (on the back of this flyer) or sit on one of the benches immersed in the gardens.

Please remember to keep your social distance – 6 feet apart from anyone else who might be enjoying the space with you.
Pause at the start of the labyrinth. Take a deep breath, let it out slowly.

This walk is to help you settle into a place of more ease and comfort during a stressful time. As you take the deep breaths, feel the places in your body where you might feel tension. As you breathe in name the worry or stress. As you breathe out imagine letting it go.

As you begin the walk, take slow steps and follow the labyrinth path. Remember to breathe. You will walk to the center of the circle and then back to the beginning. This is a perfect metaphor for bringing something particular to mind, allowing the spirit, or universe or good energy to work within you so that you leave the space refreshed or resolved.

Let the feelings about this situation bubble up. You may feel tears, fear, sadness or even anger. As you walk imagine letting the feelings out, that you are walking away from them at least for a little while.

Hold an open space for whatever might come to you. Allow for surprise. Allow for comfort and ease. As you walk from the center to the exit of the labyrinth are there any silver linings for this situation and this time. Are you feeling grateful?

Remember that you can return to the labyrinth anytime.

Pause at the start of the labyrinth. Take a deep breath, let it out slowly.

This walk is to help you settle into a place of more ease and comfort during a stressful time. As you take the deep breaths, feel the places in your body where you might feel tension. As you breathe in name the worry or stress. As you breathe out imagine letting it go.

As you begin the walk, take slow steps and follow the labyrinth path. Remember to breathe. You will walk to the center of the circle and then back to the beginning. This is a perfect metaphor for bringing something particular to mind, allowing the spirit, or universe or good energy to work within you so that you leave the space refreshed or resolved.

Let the feelings about this situation bubble up. You may feel tears, fear, sadness or even anger. As you walk imagine letting the feelings out, that you are walking away from them at least for a little while.

Hold an open space for whatever might come to you. Allow for surprise. Allow for comfort and ease. As you walk from the center to the exit of the labyrinth are there any silver linings for this situation and this time. Are you feeling grateful?

Remember that you can return to the labyrinth anytime.