



# WHAT IS A LABYRINTH?

**"There is a meaning to every journey that is unknown to the traveler." - Diettrich Bonhoeffer**

## LABYRINTHS HELP WITH:

QUIETING OUR MIND    OPENING OUR HEART

GROUNDING OUR BODY    REDUCING STRESS

AIDS IN EMOTIONAL HEALING    IMPROVING FOCUS

EASES ANXIETY, DEPRESSION, PTSD



Join Us for Zoom Finger Labyrinth Meditation

Every Monday from 9:30 am - 10:30 am.

Contact Sierra Wind (209) 223-1956

For More Information, or to be added to our mailing list  
to receive your very own Finger Labyrinth!

Zoom Code: 918 7080 3882

