



LABYRINTH WALK

Join Natalie as she guides us how to invoke a sense of wholeness. Unwind to release an old, patterned energy.

A labyrinth walk is a sacred, ancient process that involves walking a single winding path from the outside to the center of a labyrinth. It's a form of walking meditation and a spiritual tool that's used for many purposes, including: Stress reduction, calming anxiety, enhancing creativity, finding balance, improving focus, problem solving, prayer, self-reflection

This is a quiet journey. Come with a question, leave with a solution.

Free will donation.

Stress Reduction

Calm Anxiety

Enhance Creativity

Find Balance

Improve Focus

Self-Reflection

Problem Solve

POINTS OF STILLNESS

2705 Enloe Street

Hudson, WI 54016

715-690-2600

www.pointsofstillness.com

July 27th & August 3rd

9:00am (weather permitting)

Register by email:

info@pointsofstillness.com