



The Labyrinth at *Avondale Presbyterian Church*

Walking a Labyrinth

About Labyrinths

A labyrinth is not a maze; it is a simple path with one entrance that leads to the center. The path out is the same path back to the original entrance. Its design is deliberate and designed for a contemplative and transformational experience. The archetype design is a metaphor of life's journey.

While walking a labyrinth, quiet your mind and turn your attention inward... to God, prayer, your heart, your mind, silence, or stillness. Stay awhile. Let the garden soothe your spirit. Be still, invite calmness into your body. Reflect. Meditate. Listen. Walk the spiral path, sit on a bench, picnic on the grass. Talk. Laugh. Share. Leave feeling restored, loved, a unique child of God.

Walking a Labyrinth

- [About Labyrinths](#)
- [A Prayer while Walking for Unity & Peace](#)
- [Guidelines for Walking the Labyrinth](#)
- [The Labyrinth at Avondale](#)
- [Children, Youth & Labyrinths](#)

Charlotte area labyrinths

<https://www.charlotteonthecheap.com/labyrinths/>

World Wide Labyrinth Locator

<https://labyrinthlocator.com/>

North American Labyrinth & Maps

<https://www.wellfedspirit.org/welcome/map-intro/index.html>

Visit Avondale's Labyrinth for Groups, Schools & Camps

Want to come walk Avondale's labyrinth as a group?

Contact us to inquire about visiting and making a reservation.
Call 704-333-6194 or email jessica@avondalepresbychurch.org

The Labyrinth at Avondale

The labyrinth at Avondale Presbyterian Church is located in the Sacred Garden at 2821 Park Road, Charlotte, NC 28209. We encourage everyone - members, visitors, and neighbors - to use the garden as a place for reflection, meditation, prayer, and remembrance. Walk the labyrinth, listen to the soothing ring of the wind chimes, have a conversation with a friend, laugh with a child, or read a book. The garden entrance is located across from the Family Life Center.

World Labyrinth Day in Schools

World Labyrinth Day

www.worldlabyrinthday.org/about/wld-in-schools

- moving for world peace
- first Saturday in May every year
- School communities participate on the Friday before

[About WLD in Schools](#)

[School Resources - Pathways of Peace](#)

[World Labyrinth Day in Schools - Resources for Educators](#)

Classroom Activities

[Labyrinth Resources for Educators](#)

Finger Labyrinths for kids

- [Mindfulness in the Classroom - Finger Labyrinth Meditation](#)
- [Video: "How I Use a Handheld Labyrinth for Meditation, Prayer and Stress Reduction"](#)

[printable 1](#)

[printable 2](#)

[printable 3](#)

Finger labyrinths for children & church with instructions

[printable for kids](#)