

The Labyrinth: a resource for Meditation and Prayer

Labyrinths have been used by many different cultures and religions across time as they have been known to be used for relaxation, meditation and prayer that can bring spiritual and emotional well-being to the lives of those who used them.

Websites for Finger Labyrinth designs and use:

<https://educationsvoice.wordpress.com/2016/03/26/mindfulness-in-the-classroom-finger-labyrinth-meditation/>

<https://www.relax4life.com/download-paper-finger-labyrinths/>

Labyrinth locations in Charlottesville

Unity of Charlottesville

2825 Hydraulic Rd, Charlottesville, VA 22901

<https://unitycharlottesville.org/>

Thomas Jefferson Memorial Church Unitarian Universalist

717 Rugby Rd, Charlottesville, VA 22903

<https://www.uucharlottesville.org/>