

Listening to music

Enjoy the labyrinth by playing musical instruments, listening to personal CD or MP3 players whilst walking or dancing at a tempo to suit the choice of music. Try classical, jazz, opera, pop, country, or folk with a person or persons standing at the edge playing an instrument whilst others either dance or walk the labyrinth holding hands.



As an alternative to listening to music just imagine the music in your head. This provides an unlimited choice of tunes played on any instrument.

Budding composers could get inspiration here too.

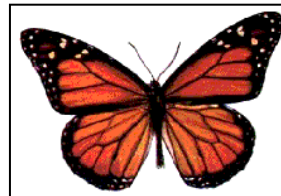
Peace and calm



Many people walk the labyrinth in complete silence. Use the opportunity to listen to birdsong, the effects of the wind or simply to contemplate the beauty of the park. Early risers walk while listening to the dawn chorus. Try this whilst admiring a spectacular sunrise or sunset.

Use early morning labyrinth walks to get the circulation going and to cleanse the mind of any negative thoughts.

Walk the labyrinth often. Consider how the park changes throughout the seasons of the year. Admire the effects of weather –



frost, fog, clouds, sun and shadows. Notice the wildlife by keeping very quiet – foxes, rabbits, hares, birds and insects.

2. Labyrinths of Celebration and Joy

There are times in life when it is wonderful to come together in celebration with a group of people. Labyrinths are the ideal venue, providing a calm and tranquil setting in beautiful surroundings. They are accessible to everyone of whatever age group or ability, but do not always approach the occasion too seriously.



Consider using balloons, streamers, silly hats, fancy dress, and party poppers: anything goes! You are limited only by your imagination. Link hands and dance round the labyrinth, sing songs or organise a competition to see who can guess how many paces it takes to walk the whole length of the labyrinth or to see if anyone can walk it backwards.

For more ideas visit:
Rushcliffe Country Park, Mere Way, Ruddington, Nottingham, NG11 6JS.
Email: countrypark@rushcliffe.gov.uk
Web: www.friends-of-rcp.co.uk



Nottinghamshire
County Council

Joy walks and dances for adults and children

Labyrinths were used historically and are still used as a space for ritual and traditional dance, with the dancers holding hands and dancing in a spiral to the goal and out again. Alternatively, space people around the outside of the labyrinth and encourage them to enter with a fixed time between so that each progresses towards the entrance. After a while, people will be meeting, passing, and dancing alongside others with constantly changing encounters. Some people wear colourful scarves or hats whilst others stand round the edge blowing bubbles, tootling trumpets, banging drums, waving flags, flapping streamers, or just clapping their hands. On leaving the labyrinth, they re-join the people around the edge. This is a good energy building activity.



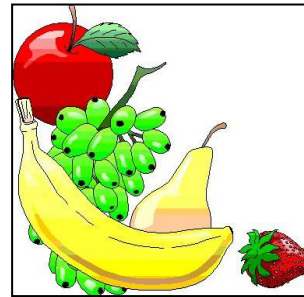
Consider any kind of dance - Waltz, Tango, Foxtrot, Polka or modern, contemporary dance. Try a very long Conga! Or just walk it. The choice is yours.

Festivals and seasonal celebrations



Walk the labyrinth to rejoice in festivals and seasonal celebrations. Enjoy and consider the meanings of the Christian festivals of Easter and Christmas. Remember the Chinese New Year, Diwali and festivals of other religions.

Celebrate harvest by giving thanks for a bountiful supply of food. Reflect on the role played by the sun, the rain and the changing seasons. Remember farmers, growers, and processors in providing our food.

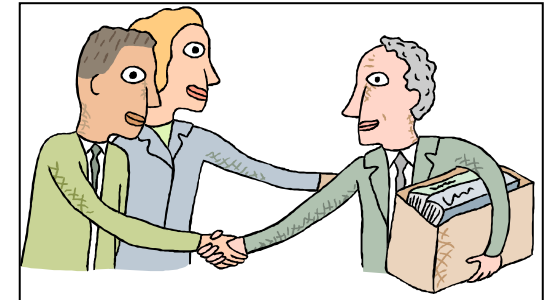


Observe the summer and winter solstices; the Spring and Autumn equinoxes and the festivals of Imbolc, Beltaine, Lughnasadh and Samhain.



Welcome and goodbye to friends and colleagues

Celebrate occasions such as graduations, passing exams, promotion, and retirement, starting or leaving a job, weddings, renewing marriage vows or special wedding anniversaries.



A slow, stately procession round the labyrinth according to the importance of the occasion would be fitting. People enter in succession and briefly greet the person concerned when they arrive at the goal. Here the trophy, cheque, bouquet, or illuminated address is presented and any speeches made.

Don't forget to have a group discussion about feelings and thoughts encountered while walking the labyrinth together. It can be most illuminating.

