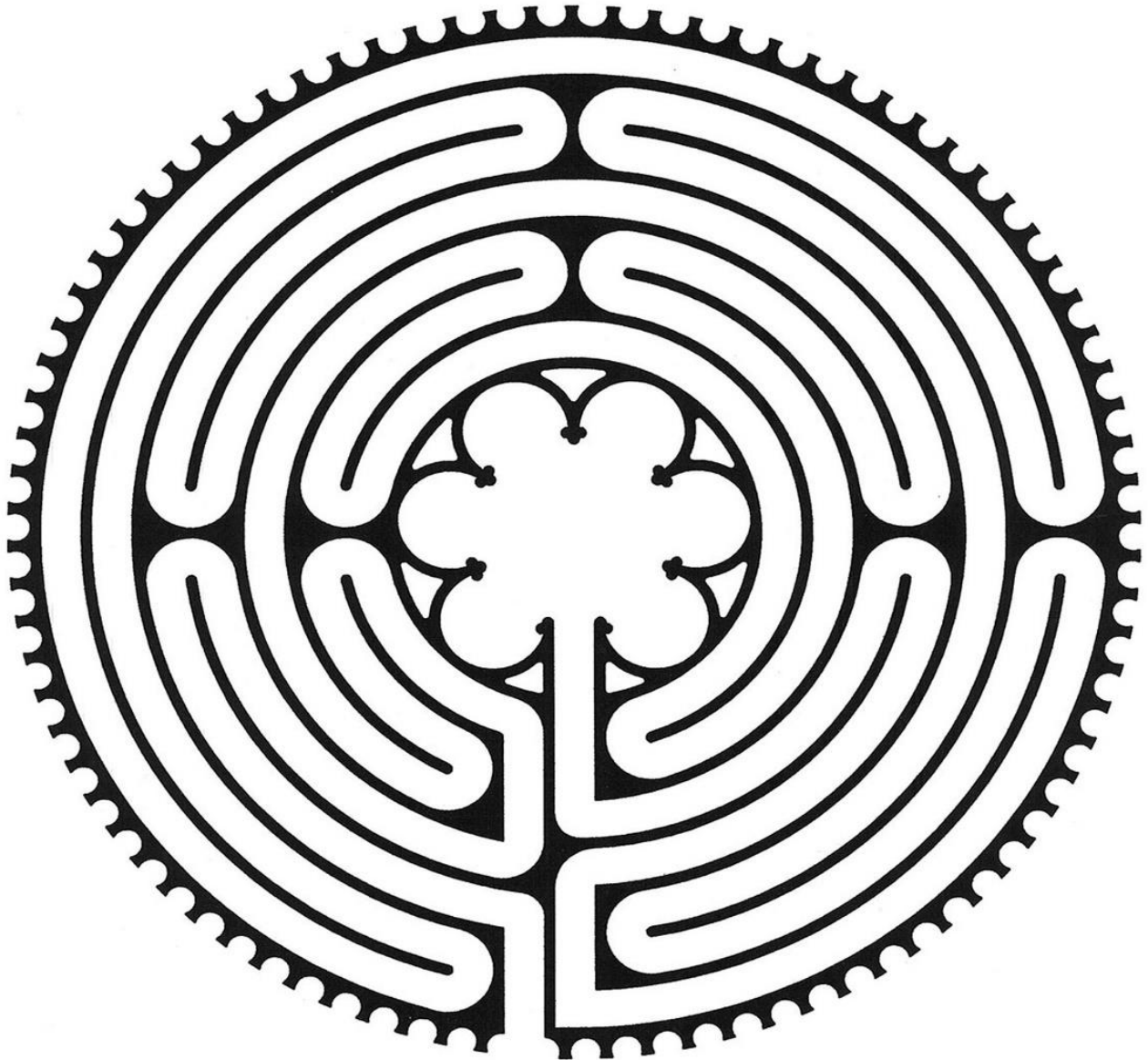




CHRIST CHURCH CATHEDRAL OTTAWA

# Labyrinth



**Suggestions for use of a Finger Labyrinth:**

Print off the Finger Labyrinth and secure it to your table or work surface.

Working with a pencil and highlighter or coloured marker, begin with your non-dominant hand and trace the labyrinth pattern.

Once you arrive at the centre, pause and when you are ready, use a different colour and re-trace your way back through the pattern to the beginning.