

WHAT TO DO WITH A LABYRINTH?

- **Reflect on an insight, idea, wish...**
- **Pause, then enter the labyrinth**
- **Follow the path**
- **Walk at the speed that suits you**
- **Keep your mind open**
- **Pause in the centre, reflect more on your insight, idea, wish...**
- **Follow the path out**
- **Pause, reflect**