



# Labyrinth

at Camp Henry

## **What is it?**

A labyrinth is a single path or unicursal tool for personal, psychological and spiritual transformation. It is an ancient symbol that relates to wholeness, combining the imagery of the circle and the spiral into a meandering but purposeful path. The labyrinth represents a journey to our own center and back out into the world. Labyrinths have been long used as meditation and prayer tools.

At its most basic level the labyrinth is a metaphor for the journey to the center of your deepest self and back out into the world with a broadened understanding of who you are.

## **Where is it?**

Camp Henry, in Newaygo, now offers a Chartes Labyrinth for you to walk and experience. For more information, please call Betsy Bougie, Year Round Program Director, at (231) 652.6472 ext. 14.

