

Co-sponsored by LABYRINTH NETWORK NORTHWEST and
L.A.B.Y. (Labyrinth Alliance Balances You) Marylhurst University Campus Group

NEWS RELEASE

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WORLD LABYRINTH DAY FESTIVAL Free Event ~ Everyone Welcome

Saturday, May 1, 2010 ~ 9:00 a.m. – 3:00 p.m.

Marylhurst University ~ 17600 Pacific Highway (Hwy 43), Marylhurst, Oregon 97036

Come and watch labyrinth designers create labyrinths, walk labyrinths, and learn about labyrinths. Festival features: Outdoor Temporary Labyrinth Building Contest, Genesa Crystal Labyrinth, Kid's Labyrinth Activities, Labyrinth Slide Show, Maypole Labyrinth Dance, and a Shoe Labyrinth (please bring gently worn shoes to donate for the labyrinth ~ after this event all the shoes will be donated to the homeless at Operation Nightwatch in downtown Portland.

What is World Labyrinth Day™?

World Labyrinth Day™ is a day that brings people from all over the planet together in celebration of the labyrinth as a symbol, a tool, a passion or a practice.

Walk as One at 1

As part of this celebration you are invited to "Walk as One at 1" to effect a rolling wave of peaceful energy as the world turns. Walk in your local time zone at 1:00 PM.

A labyrinth is a single path or unicursal tool for personal, psychological and spiritual transformation. Labyrinths are thought to enhance right brain activity. The American Cancer Society states that labyrinths "may be helpful as a complementary method to decrease stress and create a state of relaxation."

“Research studies conducted in a variety of settings have consistently shown that walking a labyrinth reduces stress. In fact, over the past few years, this has been the most commonly-researched topic related to the so-called ‘labyrinth effect’.” John W. Rhodes, Ph.D. Chair, Research Committee, The Labyrinth Society

About LABY & Labyrinth Network Northwest (Co-Sponsors of this Event)

L.A.B.Y. is a Marylhurst campus group comprised of students, faculty, staff, and alumni, who create and host quarterly labyrinth events on the Marylhurst University campus. www.marylhurst.edu

Labyrinth Network Northwest facilitates communication and cooperation between labyrinth-interested people in the Pacific Northwest. With well over 120 labyrinths, Oregon's labyrinth community is evolving into one of friendships, cooperative activities, mutual interests, labyrinth sharing, and regular events.

www.labyrinthnetworknorthwest.org

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