

NEWS RELEASE

April 1, 2011

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WORLD LABYRINTH DAY FESTIVAL

Free Event ~ Everyone Welcome

Saturday, May 7, 2011 ~ 11:00 a.m. – 3:00p.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: Many outdoor temporary labyrinths to walk including; Genesa Crystal Labyrinth, Earth Mother labyrinth, May Pole labyrinth, and a canned food labyrinth (please bring non-perishable items for the labyrinth ~ after this event all goods will be donated to H.O.P.E. = Helping Other People Eat (Serving West Linn, Oregon City, and Gladstone, OR www.hopefoodpantry.org and Marylhurst University Campus Food Pantry (for students in need.)

Activities include: Kid's Labyrinth Activities, and a May Pole Labyrinth Dance.

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. Everyone will walk all the various labyrinths at the event together at 1 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

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 ####