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## Testimonials

### Labyrinth Walking Workshops Julie Lusk

- I am a contemplative philosophical person. I really enjoyed the opportunity to walk the labyrinth with our group. I gained deeper inner awareness.
- There are different ways of seeing meaning in your life – labyrinth is one way. I enjoyed walking the labyrinth and sharing with colleagues.
- I've always been interested in labyrinths. They're neat. I enjoyed learning the different aspects of the labyrinth like how they got started.
- Take your time with life's demands. Enjoyed the day! I'm refreshed and ready to face the challenges ahead.
- Need to slow down – don't get caught up in everything that causes stress – take time to just enjoy the moment!
- I learned a way to relax. I enjoyed being in a beautiful setting with peers.
- To slow down. Life is not a race or an endless 'to do' list. I enjoyed the time down by the river.
- A time to reflect on life craziness. I liked the chance to relax with co-workers outside the school.
- I never knew what a labyrinth was or that people are using one for reflection or spiritual growth. I liked being with the other teachers.
- We need to take time to refresh our spiritual self. In my daily schedule, I don't have the time to do that. I realize I need to take that time. I enjoyed walking the labyrinth.
- I may visit and try it myself some day. This subject matter I knew nothing about and now I feel more knowledgeable about the subject.
- Try to let go so God can communicate with you. One way is the labyrinth. I enjoyed the quiet time on the grounds alone.
- I learned that everything (good & bad) has a lesson in it. I'd like to try meditation on my own.
- I need to slow down, take more time for myself and be more contemplative. I liked visiting with teachers outside of school and walking along the river.
- I never heard of the labyrinth before so it was new to me. I hope I will take more time for myself to reflect. I liked the walk the most.