

THE LABYRINTH SOCIETY
P.O. Box 736
Trumansburg, NY 14886
607-387-5863
www.labyrinthociety.org

Press Release

Contact: Dr. Stephanie Blackton
74 Stag Drive
Ruckersville VA 22968
Phone:434-466-1505

FOR IMMEDIATE RELEASE
March 4, 2009

WORLD LABYRINTH DAY

The Labyrinth Society has declared the first Saturday in May as **World Labyrinth Day** a global day of celebration of the labyrinth with an invitation to walk a labyrinth at 1PM around the world, in your local time zone. The first annual World Labyrinth Day will be celebrated on May 2nd, 2009.

World Labyrinth Day has been established as a day for bringing people from all over the planet together in celebration of the labyrinth as a symbol, a tool, a passion, or a practice. World Labyrinth Day is a vehicle for informing and educating the public, hosting walks, building permanent and temporary labyrinths, making labyrinth-related art and more.

The Labyrinth Society (TLS) is one of the foremost groups responsible for promoting the current international labyrinth movement. Founded in Nov. 1998, in St. Louis, MO, with the intent to support all who create, maintain, and enjoy labyrinths; and to serve the global community by providing education, networking possibilities, and opportunities to experience labyrinths. Since its inception, more than 1500 people have joined TLS. One of The Labyrinth Society's greatest contributions has been establishing The World Wide **Labyrinth Locator**, available on the website www.labyrinthociety.org or directly at www.labyrinthlocator.com.

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 has 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

"The labyrinth seems to find us, we are led to it and it leads us to places and people we would not otherwise discover. Walking a labyrinth is a calming, right-brain activity. It's intuitive and creative." Lisa Gidlow-Moriarty, President, The Labyrinth Society