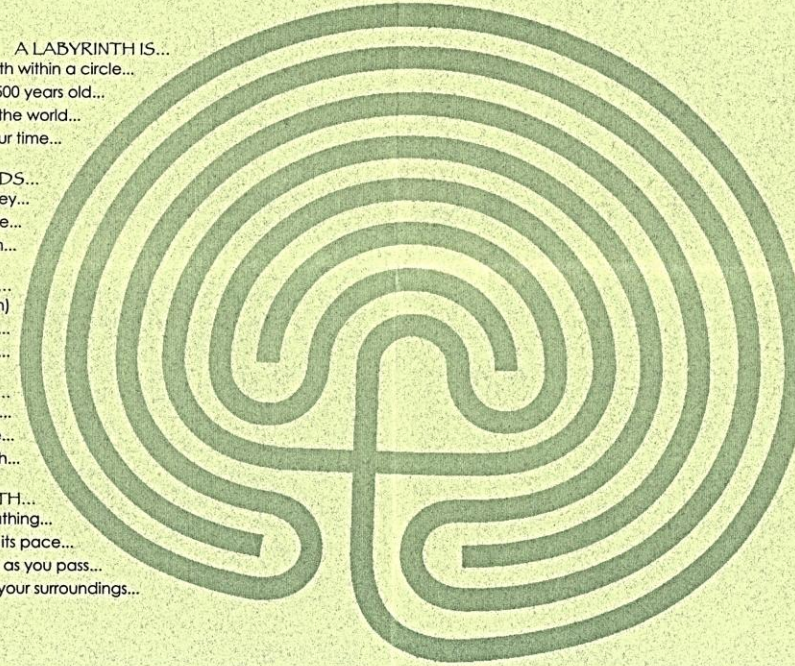


Experience the PEACE at Leila Arboretum

LABYRINTH



A LABYRINTH IS...
a winding path within a circle...
more than 3,500 years old...
found in cultures around the world...
an archetype for our time...

A LABYRINTH AIDS...
seekers on an inward journey...
relaxation and stress-release...
personal meditation...

A LABYRINTH'S DESIGN...
is seven circuits (Cretan)
winds to the center on a single path...
is not a maze...

A LABYRINTH'S SETTING...
may take many forms...
is enriched by nature...
connects people with the earth...

WHEN WALKING A LABYRINTH...
clear your mind and notice your breathing...
let your body choose its pace...
respect others in silence as you pass...
linger at the center and be aware of your surroundings...

RELAX
By letting go of the
details of your life and
quieting your mind,
the Labyrinth experience
can help you

RELEASE.
As you pause at the center,
it can let you be open to

RECEIVE
an image or inspiration.
This personal
journey can help you
return to your world

RENEWED.

992 W. Michigan Avenue, Battle Creek, MI



Experience the PEACE at Leila Arboretum LABYRINTH

Information on the PEACE LABYRINTH...

The Labyrinth is located within the Leila Arboretum, 992 W. Michigan Ave., near 20th St., Battle Creek, MI 49017. Pass through entrance and turn left.

Self-directed or scheduled, facilitated group-walks are

available throughout the summer.

T: 269.969.0270

F: 269.969.0616

www.LaSgarden.org

Mission of the Leila Arboretum Society

"To foster an appreciation of nature and the interaction of people and plants."

Gifts to the Society are tax-deductible.

The Arboretum is a joint project of the Society and the City of Battle Creek

WALKREFLECTIONS...

What did I notice during my walk? What insight came to me? How am I feeling?

We are interested in learning ways in which the Peace Labyrinth benefits people. We invite you to write or email us your observations, anonymously if you wish.

Leila Arboretum Society, 928 W. Michigan Ave., Battle Creek, MI 49017.

www.LaSgarden.org

Planting A Brighter Future!



perennial plantings ALONG THE PATH...

Daffodils	Yellow/White	Sedum	Red
Glory of the Snow	Blue	Evening Primrose	Yellow
Blackovo Geranium	Purple	Mother of Thyme	White
Blackovo Kamina Geranium	Pink	Sweet William	Red
Caesar's Brother Siberian Iris	Purple	Ice Dance Sedge	N/A
Little Bunny Fountain Grass	N/A	Creeping Lily Turf	White
Scopwort	Pink	Stoke's Aster	Purple
Foldaglut Sedum	Pink	Compania	Blue
Ticolor Sedum	Pink	Dwarf Flumbago	Blue
Woolly Thyme	White	Creeping Mazus	Blue
Baby Sister Siberian Iris	Purple	Creeping Jenny	Yellow
Baby's Breath	Pink		