

Labyrinths

Definition

- a winding spiral path leading to a central area

Labyrinths compared with mazes

- Mazes are a type of **31**
 - **32** is needed to navigate through a maze
 - the word 'maze' is derived from a word meaning a feeling of **33**
- Labyrinths represent a journey through life
 - they have frequently been used in **34** and prayer

Early examples of the labyrinth spiral

- Ancient carvings on **35** have been found across many cultures
- The Pima, a Native American tribe, wove the symbol on baskets
- Ancient Greeks used the symbol on **36**

Walking labyrinths

- The largest surviving example of a turf labyrinth once had a big **37** at its centre

Labyrinths nowadays

- Believed to have a beneficial impact on mental and physical health, e.g., walking a maze can reduce a person's **38** rate
- Used in medical and health and fitness settings and also prisons
- Popular with patients, visitors and staff in hospitals
 - patients who can't walk can use 'finger labyrinths' made from **39**
 - research has shown that Alzheimer's sufferers experience less **40**