

## 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** .....