

**PART 4 Questions 31–40***Complete the notes below.**Write **ONE WORD ONLY** for each answer.*

Listening test audio

## 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 .....