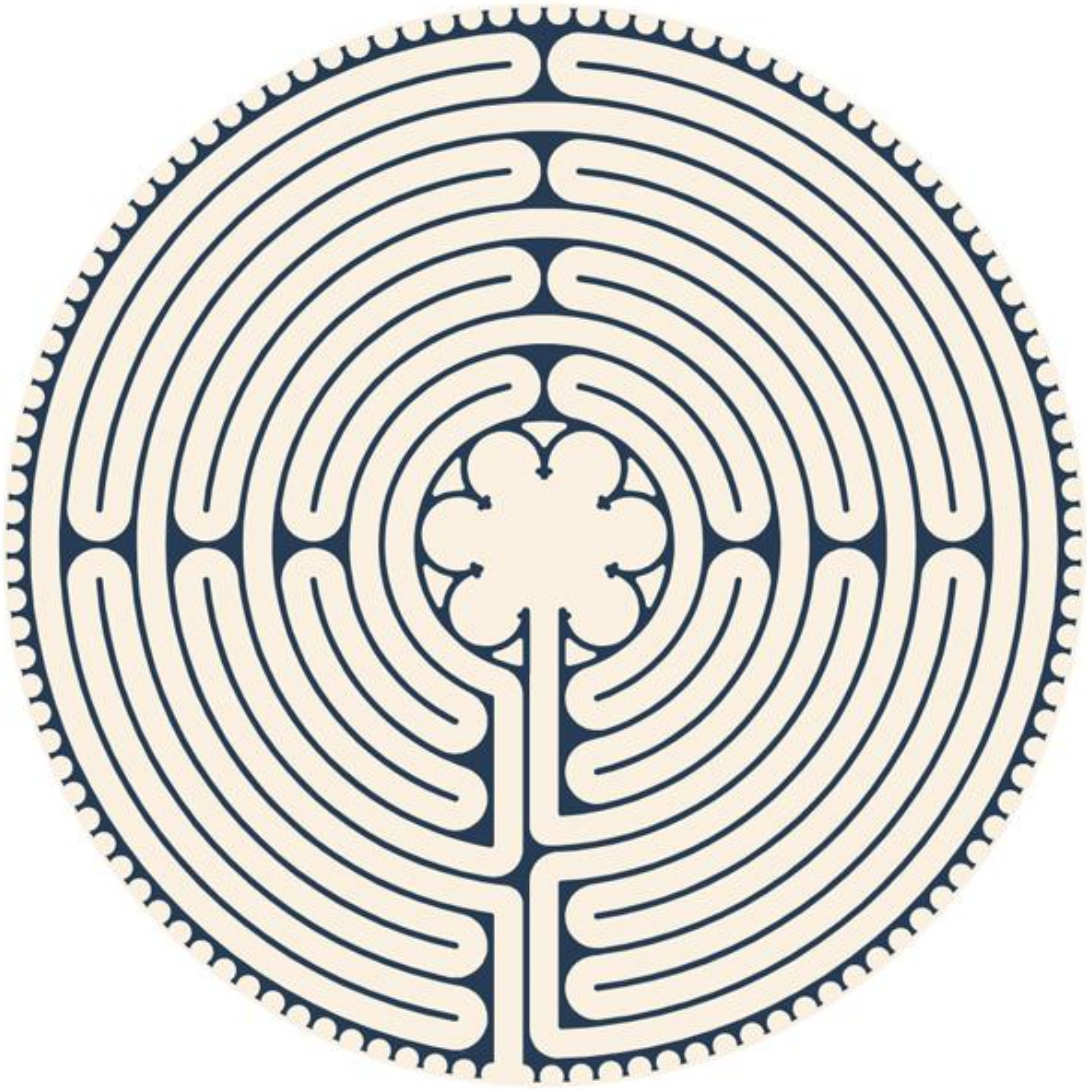
From Story to Authority Finger Labyrinth

Walking the labyrinth as a restorative practice.

Begin at the open end. Trace the light path to the center and back.



START HERE

On the way in, ask: What story am I carrying?

At the center, pause. What do I notice in my body?

On the way out, ask: What is one choice that feels like mine?

One small step I can take _____

Questions? Contact: Kim Lee, ITPI Mastery Teacher

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