

# FESTIVAL OF IDEAS, YORK

**8-20 JUNE 2021**



In the last 4,000 years, people across the world have produced labyrinths and mazes, and today they can be found in historic sites on several continents and many different countries.

Here in Yorkshire, several locations close to York have examples of historic turf mazes as well as more recent installations of tile labyrinths, both inside a cathedral, an abbey and churches and outside in public parks. In the outside locations, labyrinths serve to enrich the natural habitat using a diversity of herbs and flowering plants, where people are invited to explore a meditative walk.

Turf labyrinths in villages across medieval Britain often shaped mid-summer festivities associated with the summer solstice and the Feast of St John the Baptist. The King's Manor temporary labyrinth is based upon the Shepherd's Ring, a medieval labyrinth that occupied the village green of Broughton, near Northampton. It was established in response to the three-day Midsummer Fair granted by Edward III in 1353.

## **IS THE LABYRINTH FOR ME?**

Certainly! People of any age, from children through to the most senior, can enjoy walking or using a labyrinth. You don't need prior knowledge or experience, you don't have to be religious or spiritual. The main thing to keep in mind is to be respectful of others already on the labyrinth.

## **IF YOU ARE VISITING THE LABYRINTH IN PERSON:**

- Please be aware that the drive around the lawn is in regular use throughout the day and evening, and therefore do not step into the drive.
- Please take care on wet grass as it may be slippery.
- Please be aware that people are working in nearby offices. We appreciate you keeping noise to a minimum.
- Please note there is no public access to King's Manor or the toilets.

Unfortunately, the lawn is not wheelchair accessible. However, both wheelchairs and pedestrians can use the surrounding drive to circumnavigate the labyrinth, as long as extra care is taken to be aware of vehicle traffic on that drive.

**THANK YOU, AND ENJOY YOUR EXPERIENCE!**

## **FINGER LABYRINTHS**

Ancient labyrinths can also be found on walls across the world, inviting the viewer to trace the pathway with their finger. Following a labyrinth with our feet, eyes or finger can help us unwind, and be less stressed by what is happening around us.

### **How to use a finger labyrinth**

Find a quiet place and make yourself comfortable before starting. When you are ready, begin to slowly trace the line, with a finger of the hand you do not write with, until you reach the centre. Pause at the centre, think about yourself and where you have journeyed from. When you are ready, retrace the line and think about where your life is heading. At any time in the above process, you may want to give time to think about a particular event or a person, or concentrate on those times when you have felt well with yourself and others.

To use the finger labyrinth on the next page, start at the **X** on the outside of the labyrinth and follow the curving line into the labyrinth. Once you have completed that journey and when you are ready, follow the line back out to the **X** to end.

