



Contributed photo

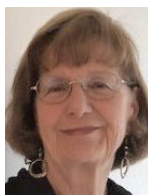
The Canyon Mountain Center Labyrinth in John Day is based on an ancient spiritual and healing practice.

# RELEASING, RECEIVING, RETURNING IN A LABYRINTH

Canyon Mountain Center offers ancient spiritual and healing tool

By **Sandy Bay**  
Canyon Mountain Center

**C**anyon Mountain Center is a non-denominational well-being center for those wishing to explore complementary and supportive



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health options in John Day. These options include a focus on health and wellness through stress reduction, expansion of personal awareness and healthy lifestyle choices. We offer many ongoing classes: meditation, yoga, Pilates, labyrinth

walks and more. Most people are aware of the first three classes but maybe not a labyrinth. So what is the labyrinth all about?

## Where did the labyrinth originate?

In the medieval times, labyrinths were built into the floors of churches and were believed to be used for pilgrimages. Only three out of 23 Gothic

Cathedrals in Europe still have their original labyrinths. After traveling to France to study the early 13th century labyrinth embedded in the floor of Chartres Cathedral outside of Paris, Rev. Dr. Lauren Artress, a Canon of Special Ministries at Grace Cathedral in San Francisco, discovered the healing power of this ancient symbol.

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