

MEDIA RELEASE: WORLD LABYRINTH DAY IN SCHOOLS

<insert school photo>

All around the world labyrinths are coming into focus on Friday 30 April as schools prepare to celebrate and action World Labyrinth Day in Schools 2021. Students and staff at <insert school> will be taking part as they consider this year's theme: Pathways of Peace. They will be exploring concepts of peace within, respectful relationships and environments, peacebuilding, and alternate solutions to conflict.

While walking a labyrinth imparts a sense of peace and calm, it also offers new opportunities and ways of seeing things through being self-observant and self-reflective. Many students learn more effectively while moving, and the labyrinth is a focused way to support this learning in addition to being a contributor to wellbeing.

World Labyrinth Day is a global event organised by The Labyrinth Society and it takes place each year on the first Saturday in May when participants gather at labyrinths locally to "Walk as One at One" as they contribute to a global peace wave.

World Labyrinth Day in schools is a complementary event, an initiative of the Australian Labyrinth Network. It, too, is global with schools in many countries taking part.

What is a labyrinth? The story of the labyrinth spans thousands of years across places as diverse as Europe, Africa, North and South America, India and the Asia-Pacific region. It is a single path, of ancient geometric form, leading the walker in to a centre and out again. The meandering nature of the path is a metaphor for life experience, a path to find our way in life. A labyrinth is not to be confused with a maze; a maze is a problem to be solved and designed to create confusion and/or frustration. Whereas the labyrinth is designed to calm, quieten, and provide an opportunity to be open.

Labyrinths are experiencing a resurgence. There are hundreds of schools worldwide using labyrinths as part of their wellbeing programs and within their curriculum domains.

More information and resources for World Labyrinth Day in Schools can be found on the Australian Labyrinth Network website <https://aln.org.au/wld-resources> Locating a labyrinth near you can be found on the Australian Labyrinth Locator <https://aln.org.au/find-a-labyrinth> or the Worldwide Labyrinth Locator <https://labyrinthlocator.com/locate-a-labyrinth>