

Dear Subscriber,

01/03/2016

## **January Arrives!**



Another moment has found us enhancing our forward movements on the path of life, marked by the turning of the calendar year. Age is a constant growth in steps and stages that remind us that time is moving and we are either in step with it flowing or adversely stepping back to understand its constant surge.

This day of the new year has us feel the freshness of new opportunity, rekindling purpose as it gives hope and promise to do more or better in the proposed set of days prescribed in the year 2016 to appoint meaning and purpose.

How will we make those steps count? What do we wish to derive from our dedication and commitment to our very conscious movement? It is a wonderful time to ask the questions of the soul. They will help us color the canvas of this year with an assortment of elements that artistically convey reason for the trail in every step in each day of our year long passionate commitment... Oh welcome new year.

## **For those that don't... consider doing**

If you haven't spoken or shared, consider how much it might mean to another to hear your simple message. Consider only how much it means for you to hear the message of others and you may understand how important you really can be.

***If you haven't taken the plunge into committing everyday to your walk,*** consider making the investment in time and energy because it can lead to such great creativity oriented solutions when you have to find a way each day, there is an endless ease to this discovery and a wealth of ideas in our blog and past issues of the news.

• ***If you haven't visited other labyrinths,*** consider making this a year that you do. It is a wonderful thing to take ourselves out of habit and explore the



vast opportunities.

- ***If you haven't designed a labyrinth***, consider testing your understanding of the path by creating something that speaks to your unique style and play with a design that suits your passion and purpose.

- ***It's a new year, if you haven't done before, maybe it is time to explore*** and the more you do, the more you find you

can do... that's what these years are all about evolving what is possible into something that matters.

## How many steps?



There are many new ideas for creating more movement in our lives because the more we move, the better we tend to feel. Routine is a slow death we don't see coming

until its pattern has found a noose around our very existence. Moving more can work just as well for your mind as it does for your body too.

If you have heard of the concept of taking 10,000 steps in a day, you will have walked on average about five miles and while the science is in controversy about the myriad of claims, noticing how much you walk in a day can truly be an alert for healthy mindfulness for the body.

I had an idea to find out how many steps are in our labyrinth designs. An average stride going in and out again at a normal pace and logging the number of steps each design has for the square footage it encompasses. Using a Google Doc to record the findings or Facebook sharing, we might discover a way as a collective group concept to create a labyrinth fitness plan. For right now, just want to log the output in steps for the different designs and sizes.

At your convenience, just share what you have discovered in your walks and you will be a great contribution. Send email to [365Club@labyrinthociety.org](mailto:365Club@labyrinthociety.org)

*Photo credits Glen Ivy Labyrinth, AZ*

## Opening our doors



Our Facebook page has been open for months and there has been activity and sharing with a dwindling of commentary in the past two months of holiday time. Only 1/3 of our membership has opted into the Facebook page so far. There is no need or push for any to do so that are not interested, simply decline or ignore any request that may come through in the future. However to create more health discussion in this club atmosphere, the idea to open our Facebook page was considered initially when it was created.

I wanted to give time for people to get used to using it for a vehicle of communication and allow for its private page status to encourage more discussion. People are finding us who do utilize the labyrinth and

have been requesting to be a part of our page. I've decided to open that door to see if it may spur interest and perhaps grow our conversations and content a bit more. Like the above need for movement, our group needs it as well to stay healthy. Always open for ideas so feel free to contact me with ideas or ways that you might like to be involved.

[Read our Blog](#) • [Write for our Blog](#) • [Share our Blog](#)  
[Join our Facebook Group](#)

## New Year... New Paths!



Wishing each and every one of our members, the touch of new beginnings and with it the hope of what might be new and better as we evolve with steps in the direction of passion and purpose with health and well being our partner so that we may bring more of ourselves to the experiences of our life in this year of 2016.

Every step evolves us.

Walk knowing and growing from it,  
Lynda Turloukis,  
365 Club Chair  
Labyrinth Society

[Visit the TLS Website](#) | [Labyrinth Locator](#) | [Marketplace](#) | [Member Login](#)

example@example.com.

[Click here to unsubscribe](#)

[Privacy Policy](#)

Copyright 2016 The Labyrinth Society

Designed by Zee Designs Inc. ~ Powered by ZD-eNews™