

you are welcome to walk the Labyrinth



Thursday 28 August 2025
4.30 – 5.30pm
Wollaston Theological College
Wollaston Rd, Mt Claremont

Walking a Labyrinth is a silent contemplative practice.
This time includes a brief introduction, and opportunity for
concluding conversation.

Labyrinths offer a way to quieten the mind, recover a balance in life, and to
encourage meditation, insight, and self-reflection; a way for integrating the body
with the mind and the mind with the spirit.
The Labyrinth is open to all people honouring each person's unique religious and
spiritual tradition and needs; it is a non-denominational, cross-cultural
contemplative practice for well-being.

for enquiries & further information contact

David Moore

0404 437 463

david@spiritusconsulting.au

We acknowledge the custodians of this land, the Whadjuk people of the Noongar nation, and their land that was never ceded or sold, honouring their Elders past, present and emerging, their continuing culture and the contribution they make to the life of this city and region.