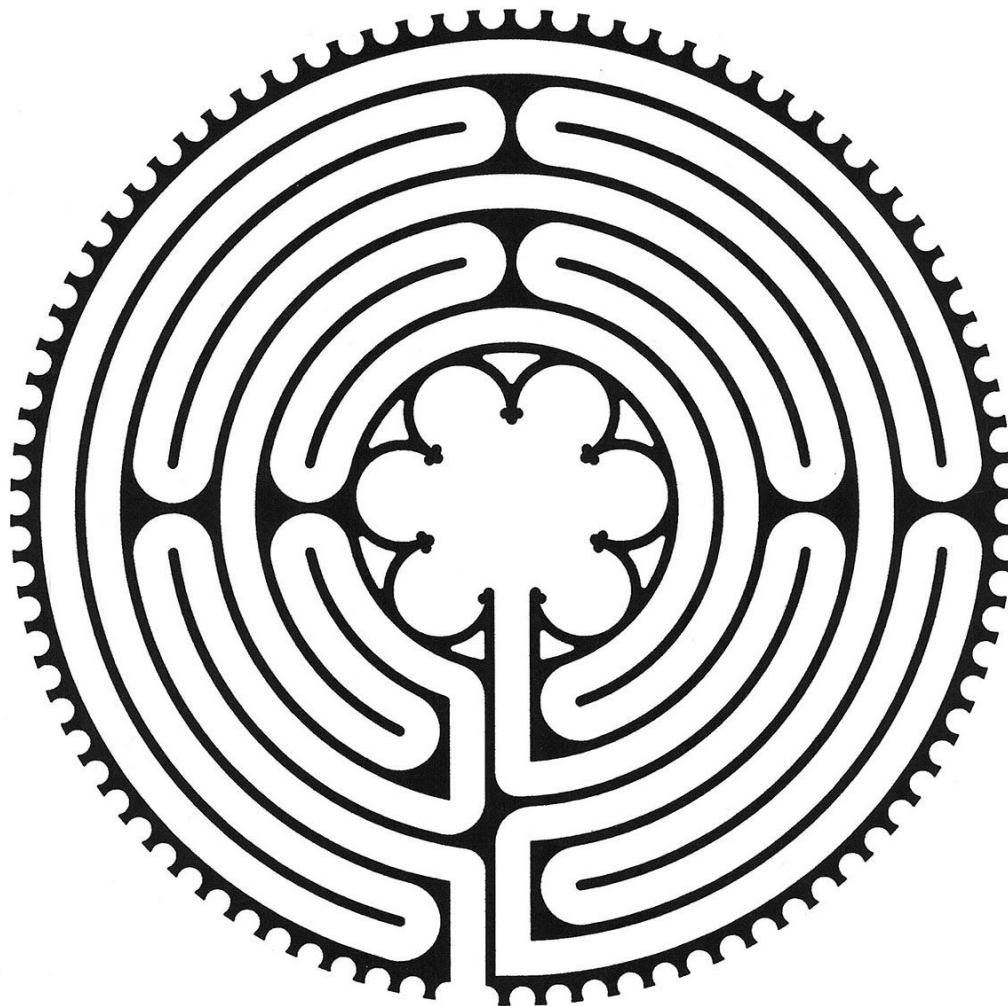


## The Hand Labyrinth

Utilize this Labyrinth as a tool for managing stress & engaging the relaxation response. Set an intention or say a prayer, take a few deep breaths, close your eyes, then open them; taking your finger to trace the circuits of the labyrinth.



For more information on labyrinths, health, & wellbeing visit  
[fernviewcenterforwellbeing.com](http://fernviewcenterforwellbeing.com)