

## THE EARLE BAUM CENTER LABYRINTH

Visitors to the Earle Baum Center are invited to experience the latest addition to the campus. **The Labyrinth Walking Path.**

Labyrinths are an ancient Archetypal symbol of transformation and mindfulness. Following the path, with concentric circles and switchbacks, requires a traveler to slow down and focus on the present. It is a place for quiet contemplation in nature that anyone can enjoy. They can be used as a walking meditation for a spiritual practice, celebrations of seasonal renewal, or relaxation walking in a safe environment.

The EBC Labyrinth was specifically designed to accommodate travelers using white canes, guide dogs, human guides and most walkers and wheelchairs. The path is 39" wide smooth concrete surface with a 4" brick curb. The design is called the Baltic Wheel with the addition of a straight line path in with a round-about.

After coming into the Labyrinth entrance there is a choice or round about circle. Take a left and you are on the long walking path to the center. If you choose the right turn you are on the shorter path into the center.

In the center you will find a peace pole attached to the end of the short path to orient the traveler to the center and a right turn sends them out the short path to the exit.

A complete turnaround sends you back out the long path.

Additionally, there is a 60- foot curved redwood bench alongside the Labyrinth for rest and reflection.

- **The Labyrinth is open for walking during our regular business hours of Monday through Friday 8:00 am to 3:00 pm.**
- **Please be sure to sign in at the office before your visit to the Labyrinth and learn the route to the path.**
- **Please do not walk on the raised bricks.**
- **If you pass a walker with a guide dog, do not pet the dog or interrupt their walk. When appropriate you may ask if it is OK to pet the guide dog – and do so only with permission.**
- **For More Info: call Patricia Jefferson 707-636-2314 or [jefferson@earlebaum.org](mailto:jefferson@earlebaum.org). Main office: 707-523-3222**

*The Earle Baum Center mission is to provide opportunities for people who are blind or visually impaired to improve and enrich their personal, social and economic lives.*

***Donations are gratefully accepted***



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