

Labyrinths can enrich your life whether you identify as religious, spiritual or atheist. All are welcome. Due to the quiet meditative nature of the event, it is for adults only.

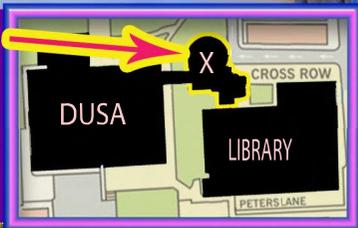


The Labyrinth was donated to the Chaplaincy by Andi Lothian of Insights Learning and Development, Dundee; www.insights.com.

ALL WELCOME

Where are we?

The University Chaplaincy Centre, between Students' Union (DUSA) and the Library.



enjoy the LABYRINTH!

Second Weds of each month. Enjoy its calmness by candlelight. It's free, or you can leave a donation for your walk that will go to charity.

LABYRINTH WALK DATES in 2026:

7pm to 9pm. Doors close 8.30pm.
Allow up to 30 mins for your walk.

14 Jan	11 Feb	11 Mar	8 Apr
13 May	10 Jun	8 Jul	12 Aug
9 Sep	14 Oct	11 Nov	9 Dec

Second Wednesday of each month



Join FB group for updates:

"DUNDEE LABYRINTH"



LABYRINTH WALKS 2026

Second Wednesday of each month

Since 1998!
Longest running in UK



www.labyrinthmagic.com

Books & videos to enhance your labyrinth experience



www.dundee.ac.uk/chaplaincy

Chaplaincy Centre website with event info



Chaplaincy Centre
University of Dundee

WELCOME TO THE LABYRINTH, a full-size canvas replica of the 13th Century marble pattern in the nave of Chartres Cathedral in France.

Marchinarc, Public domain, via Wikimedia Commons



WHY WALK IT? Unlike mazes, labyrinths have a single path to follow, with no choices to puzzle you. The long winding path can create feelings of relaxation, calmness, and clarity of thought. You may find that long-buried ideas dust themselves down, ready now for action. Or that answers to other problems 'pop up' as you walk.

WHO IS IT MEANT FOR? Because they offer a safe, meditative space for internal exploration and self-discovery, labyrinths can be used by people identifying as spiritual, religious or atheist. All are welcome. Try as you enter asking a question; let intuition speak as you walk. At the centre, choose an affirmation card, and feel held within the sanctuary of the central rosette pattern.

IF WALKING'S PHYSICALLY HARD FOR YOU, you can experience the calm by heading directly to the centre and sitting on the chairs there. Skip the walk, enjoy the peace. *Ask Robert for any help needed.*

TRAFFIC JAMS The paths are narrow but if someone's approaching along your path, they will move aside to let you go by. Find your own pace and enjoy your walk. It's also okay to overtake who's in front, if you wish.

WHY IS IT THIS PATTERN? Labyrinths evolved from spirals, ancient symbols of growth and change, and the Chartres pattern is an elegant and complex addition to this evolution. It marries symbols like the circle (perfection) and cross (materialisation), and has winding through it a hidden spiral pattern from inside to periphery (below). The cog-shapes around the labyrinth edge, and the petals in the centre, suggest the repeating patterns and cycles of life, both macro- and microcosmically.



Whatever our beliefs the pattern resonates with us, and the otherworldiness we feel before it is shared with countless others over the last 800 years who faced its entrance.

Please leave your insights, and tell us about your experience, after your walk in the Labyrinth Book on the table. We'd love to hear what it was like.



BUILD ON YOUR EXPERIENCE

Find labyrinth-themed meditations, plus a virtual labyrinth walk of the Dundee Labyrinth, on YouTube channel @labyrinthmagicmeditation555



Two recommended workbooks to keep your journey with labyrinths alive are:

Thorn Steafel,
LABYRINTH MAGIC WITH THE CHARTRES LABYRINTH

Lauren Artress,
THE SACRED PATH COMPANION