



Blue Mountains Women of 12

Proposal to the Town of Blue
Mountains Council

December 17, 2012

Blue Mountains Women of 12

- Part of a global initiative
- Broader goal is to create a tangible expression of beauty within the community
- Our project – a labyrinth

Labyrinth

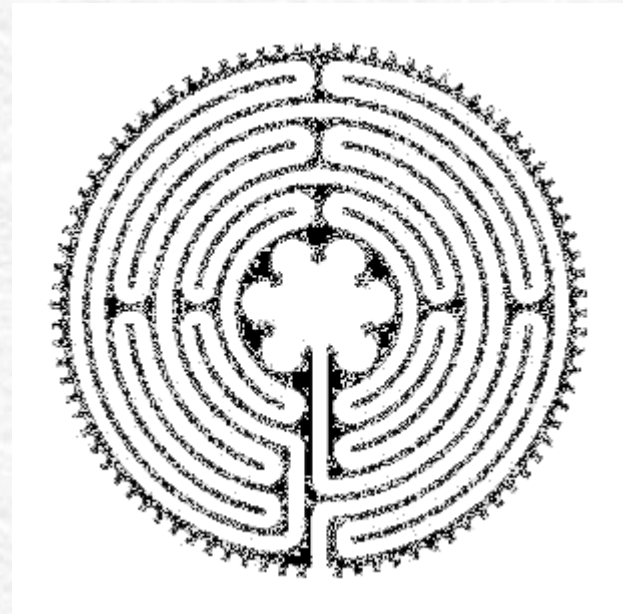
- Simply a pattern with a single winding path that leads from the entrance to the centre – unicursal
- 3,500 years old
- Found around the world throughout their history
- Sometimes confused with mazes which arose 600 years ago and are multicursal with many paths

Labyrinth Patterns

Classical/Cretan with 7
paths or circuits



Chartres/Medieval with 11
circuits



Where are Labyrinths?

- Hospitals
 - patients, visitors and staff to relieve stress & promote rehabilitation
- Communities, churches & retreats
 - meditation, reflection & exercise
- Schools
 - activity zone, stimulate creative thinking, problem solving & tool for conflict resolution



Why Walk a Labyrinth?

- Focused walking meditation
- Research conducted by Harvard Medical School's Mind/Body Institute found walking labyrinths to be highly effective at reducing anxiety & eliciting the "relaxation response" which can result in:
 - Lower blood pressure & breathing rates
 - Reducing chronic pain & insomnia

The Request

- Donation of the land located at the old campground of Bayview Park



Why this Site?

- Accessible
- Naturally peaceful & contemplative
- Already circled by cedar trees
- Won't impede traffic flow
- Previously used as a public park
 - Existing facilities
 - No increase in liability to the Town

What It Means to the Town

- Demonstrates Council's commitment to building a greater sense of community
- Provides a place to celebrate, grieve, seek insight, slow down & seek health benefits
- Attraction for visitors to the Town

Our Value

- Sourcing the funds – no cost to the Town
 - Bank account already established
 - Donations & fund raising activities
- Supplying building materials
- Building the labyrinth
- Promotional/informational material
- Maintaining the site

Labyrinths in Ontario

- 161 in Ontario
 - 54 in churches
 - 64 privately owned
 - 13 in hospitals
 - 2 in conference centres
 - 4 in schools
 - 7 in retreat centres
 - 2 in wellness centres
 - 1 in jail



The slide features a light blue background with a subtle grid pattern. At the top and bottom, there are decorative horizontal bands with wavy, blue lines. The word "Questions?" is centered in a dark red, serif font.

Questions?