

## A Labyrinth in Kinburn Park

There is a closely guarded secret in Kinburn Park, St Andrews. A beautiful Labyrinth, recently constructed by volunteers and completed about three months ago

In recent years, there has been a resurgence of interest in the labyrinth, a place for personal meditation and possibly spiritual transformation. It can be used as a walking meditation, a way to finding your own spiritual centre, a body prayer. There is no right or wrong way to walk or dance a labyrinth. It is a powerful tool to illuminating one's path through life.

The location in Kilburn Park which is administered by Fife Council gives easy access in a lovely place. A number of ladies who were participating in a 'Circle Dance' weekend on Saturday 18<sup>th</sup> June in University Hall Kennedy Gardens, happened upon the Labyrinth and were delighted to be able to dance within it.

Circle dancing is a form of dance enjoyed throughout the world, the dances have a wide variety and form and mood from slow and meditative to frankly energetic and celebratory, they are suitable for all abilities and you do not need a partner.

There is a group of Circle Dancers who meet regularly in Cupar just ten miles from St Andrews, details about the group are available from Rose Cross.

Email [rose.cross@tesco.net](mailto:rose.cross@tesco.net)

Call before 8pm 01334 657896

More details about circle dancing can be found at [www.cscd.org.uk](http://www.cscd.org.uk)