

Research on effects of labyrinth walking:

A great deal of evidence has mounted in the past twenty years about the beneficial effects of labyrinth walking on the mind and body. Much of this evidence is small but growing as academics have become more enthusiastic about the positive effects of offering this complementary practice in a variety of settings. The literature has demonstrated that in multiple surveys, walkers report increased peace and calm after labyrinth walking. Three studies have reported physiologic responses and health benefits of labyrinth walking (Sandor & Froman, 2006; Zucker and Sharma, 2012; Zucker, Choi, Cook & Croft, in press). Studies from disciplines such as theology, nursing, psychology and library science all report positive outcomes from labyrinth walkers (Cook & Croft, 2015). Efforts have been under way to archive scholarly publications on The Labyrinth Society Web site (www.labyrinthology.org).

Excerpted from Chapter 2, Labyrinth Walking, <http://books.google.com/books?>

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