

# Letter: Invitation to S. Tahoe labyrinth

To the community,

Last year Unity at the Lake built a labyrinth next to our sanctuary and annex at 1195 Rufus Allen Blvd., across from the South Lake Tahoe Recreation Center playground. This labyrinth was lovingly created by our spiritual community for our greater Lake Tahoe community to use and enjoy.

Walking the labyrinth is a walking meditation. It is an experience of mindfulness, inviting you to let go of your regular mental chatter and expand your heart awareness. Walking this mystical path is a personal pilgrimage to spiritual wholeness.

We welcome everyone to take advantage of our labyrinth. All we ask is that you come in peace and leave everything the way you found it. We are in the process of installing a welcoming bench on which to rest and reflect before and after your walk. There are brochures available at the site with more information.

**The Revs. Stew and Hillary Bittman, Unity at the Lake spiritual leaders**