

LYNGFORD LABYRINTH 2017
PROGRAMME OF EVENTS

11am - 3pm

INTO THE LABYRINTH...

People Snake record attempt #1

LONG & SHORT

177 steps or is it?
measure the path...

12pm

LOUD & QUIET

Poetry & Song on the Labyrinth
Nonsense poems & Silent walks

1pm

FAST & SLOW

Run, Walk or Dance
- get points for style!

2pm

OLD & NEW

In with the old, out with the new

2:30pm

ESCAPE FROM THE LABYRINTH!

People Snake record attempt #2

3pm

TEA & CAKE!

Tea & Cake & Celebrate!



LONG & SHORT

***THE CITY OF TURNS**

This labyrinth has 5 rings or paths. Like an Oracle (or agony aunt!), it can help you solve problems or get ideas.

Think of something that's bothering you - on each turn, walk or think about it in a different way, from a different point of view. Like the planets in the night sky, some orbits are short, some are longer:

1st path = Mars
warm it up - what can I do?
take action, have a go

2nd path = Mercury
say it out loud, tell people,
add humour, make them laugh

3rd Path = Venus
add more love & beauty -
how does that change it?

4th Path = Moon
step back and see the whole,
be cool, reflect it back, think

5th Path = Sun
take big steps. Be Bold.
Shine! Glow! Radiate!

Then walk back out - 5, 4, 3,
2, 1 - your thinking should
have shifted by the end...

PRIDE IN PRIORSWOOD
GET LOST!
IN THE LABYRINTH
AT LYNGFORD PARK
Summer 2017

BY ARTS TAUNTON
ARTISTS-IN-RESIDENCE
Christopher Jelley
& Michelle Rumney

FAST & SLOW

*SHEPHERD'S RACE

Choose someone as a referee or timer (use a phone?)

Take it in turns to run in as fast as you can and out again (without falling off the path or cheating!). Fastest one wins!

In the next round, the referee can give extra points for style!



*MINOTAUROMACHIA

In twos - either walk like a Minotaur/monster - short heavy steps or run like a Greek athlete - long light steps.

As you go, count the steps all the way in. How many steps shorter or longer can you make it than your partner?

On your way out, if you're the athlete, run for your life!...

OLD & NEW



*IN WITH THE OLD

Get a few people together (kids too!)- as you walk in, think of something here or in Taunton you'd like to disappear or remove or that it would be better off without - Tell each other about these all the way to the centre...

*OUT WITH THE NEW

As you walk out again, now let ideas come to you & talk about new things you'd like to bring to Priorswood - to the community or your friends or neighbourhood.

Think of ways you can help make these happen... write them down... send them to us, or to Priorswood Community Centre - start something!

LOUD & QUIET

*CRANE DANCE

Pretend you're a bird (you choose which one). Walk into the labyrinth in the style of that bird, and as soon as you turn the first corner, start dancing like one - all the way to the middle... it's fun!)



*SILENCIO

Walk the labyrinth in complete silence. Sssshhh...

Let your thoughts wander as you wander...

In the centre, Stop.

Smile :-)

And wander out again - in smiley silence until you're totally out again.

Ah! and now carry on with everyday things...

D.I.Y

*TROY-TOWN

Make a labyrinth indoors on a rug or blanket. Line the paths with toys - cars, dolls, boxes, books, tin cans ... anything that works - see how many different paths you can make

*SPIDER'S WEB

Weave a labyrinth with lines - use a ball of brightly coloured wool or rope or reel of cotton - like Ariadne's magic thread in the Greek myth



*DRAGON'S COILS

Make a labyrinth in your back garden - line the paths with stones, pebbles, rocks, sticks, flowers, or even cabbages! Or draw one in the soil or sand with a stick - then walk, run, hop, skip or jump in it!