



Rainbow Finger Labyrinth

This Finger Labyrinth is a winding path for you to trace to relax and calm your body. Start by taking deep breaths and focus on the start of the rainbow labyrinth. Put your pointer finger at the start and slowly trace the path, clearing your mind from outside thoughts. Place all your focus and concentration on the winding path.

When you get to the center of the rainbow path, take deep breaths and reflect on how you are feeling. Use your finger, to retrace the path back to the starting point.

When done, take deep breaths and think about how you are feeling.

