



WELCOME TO E.S.C.A.P.E. PATH™
YOUR PATH TO ESCAPE WORRY, ANXIETY, STRESS
A NEW VERSION OF THE SEVEN CIRCUIT LABYRINTH ~ AN ANCIENT MEDITATION TOOL

IS FINDING TIME TO RELAX A CHALLENGE?
NOT QUITE SURE HOW TO GO ABOUT IT? WHERE TO START?

START HERE!

Sit in a comfortable position.

With eyes open, breathe slowly in and out in a comfortable rhythm.

Place your index finger at entrance of E.S.C.A.P.E. PATH™ and trace your finger slowly along the path to the labyrinth center.

Pause for a moment at the center, then return to the entrance as you trace the path and continue to breathe rhythmically.

If you need help to quiet your mind and maintain a positive focus, use the scene and motivational prompt(s) to help.

Continue with slow, rhythmic breathing as you trace the path, allowing your stress, tension or anxieties to escape.

Closing your eyes as you trace the path in pace with your breathing may help you become more relaxed.

Eyes open or closed, find your relaxed state.

Accept that thoughts may enter your mind. Replace unwanted thoughts with a meaningful motivational prompt and continue slow, rhythmic breathing. Start with 5 minutes and gradually increase your time to 15 – 20 minutes once per day. Twice per day is even better!

When you have completed your relaxation journey, slowly open your eyes, give a big stretch and smile.

Enjoy the rest of your day!

FOR MORE INFORMATION ABOUT E.S.C.A.P.E. PATH™ CONTACT: ESCAPEPATH.MPR@GMAIL.COM

ENERGIZED / SERENE / CENTERED / AWARENESS / PEACEFUL / EMPOWERED

CARE OF E.S.C.A.P.E. PATH™ :

- * INSERT INDEX FINGER AT TOP NOTCH TO PULL OFF CLEAR LABYRINTH PIECE
- * REMOVE PHOTOS FROM BASE PRIOR TO CLEANING THE BASE AND LABYRINTH.
- * TO CLEAN SURFACES OF THE PRODUCT YOU MAY USE ISOPROPYL ALCOHOL OR JUST A SOFT CLOTH.
- * RETURN PHOTOS TO BASE WHEN DRY AND GENTLY SECURE THE LABYRINTH TO BASE.