**Resources from Online Handheld Labyrinth Meditation February 11th, 2022**

Led by Tina Christensen on “cultivating touch in a time of Covid”

**Reading:**

<https://davidwhyte.com/pages/consolations>

**Music:**

Enchanted Lands by the Guild of Ambience (First 9 minutes)

<https://www.youtube.com/watch?v=RQcLIm-s75U>