



Welcome to Kingbridge

Areas for Contemplation

Whispering Grove

At some level of intuition, most of us already know who we should be and what we should do. But modern life, with its constant noise and demands, can cloak our inner knowing and mask the voice of our inner wisdom. As you sit on the rocks, or enjoy the tree-swing, take a moment and allow yourself to experience some quiet tranquility and stillness.

What aspect of your life is most in need of guidance?

How does inner wisdom come to you?
Is it a feeling? A thought? A vision?

Waters of Integrity

A body of water has both surface and depth. There is always unperceived activity in the deep, where we cannot see. Integrity can be seen as the art of having our inner selves, our private thoughts and emotions, align with our visible behaviour. Choose an important element of your life. Ask yourself how you truly feel about what is happening.

How can you take this inner truth and express it in a way to create a positive outcome?

How can you make waves?

For information on the woodland trails see reverse side

Into the Woods at Kingbridge

We invite you to explore the woodland trails of Kingbridge. Each trail offers suggestion for reflection designed to inspire your thinking. We hope that the insights you discover will add meaningful value to all aspects of your life.

The Mindful Forest

During your explorations of this path, take a few minutes to stop, be still and become aware of your surrounding. Take the effort to truly pay attention and be present. What do you see? What do you hear? Free your imagination and hold onto the power it creates. What happens to your thoughts when you focus your awareness on the present moment?

0.37 km (0.23 miles)

Field of Possibilities

Here you will encounter lush, rolling hills inviting you into both beauty and openness. Look up to the free-forming clouds as they drift across the sky. As you notice the expansiveness of nature, let your thoughts expand to include new possibilities for your leadership and your life. What is your true potential? What is your vision for the future?

1.5 km (0.93 miles)

The Inner Passage

Slow down as you walk here. Shift your focus and become aware of your posture. Notice how it feels to breath. Now consciously shift your posture and breathing in a way that reflects total confidence, total trust and total well-being. Note the difference. How can changing your body change the way you think and feel?

0.75 km (0.47 miles)

The Path of Renewal

At the heart of renewal is the ability to surrender. Perhaps you often feel the need to be in control. Perhaps you hold an unrealistic expectation toward perfection. Now is an opportune moment to identify what obstacles may be hindering you from further growth. Are you able to realize a life lived more fully?

0.55 km (0.34 miles)

* Note: the average walking time is 15 minutes per 1 km.

The Wisdom Walk: Labyrinth at Kingbridge

Using a labyrinth is an active form of meditation. When walking, slow your pace and become mindful of each step. Walking with a problem in mind often inspires intuitive insights. It can be seen as a metaphor for the journey to the centre of your deepest self and back out into the world again with a broadened understanding of who you are.

If you are interested in activities that will help you best use the labyrinth, please ask for a guide at the front desk.