

Sand Labyrinth

The Sand Labyrinth : Meditation at Your Fingertips, this is a finger labyrinth which is covered with fine sand to prevent you from seeing the path and allow you to focus on the sensation in your finger and ground you in the moment. It is a mind/body centering practice. I use one before I start my coaching calls. I find it leave me a blank slate and ready to go.

I sell them over in my store: <http://www.matthewrochte.com/store/>