"I am the ways and the truth and the life"

Saint John, (14, 6)

The Labyrinth Experience

A space to find yourself...

A spiritual experience accessible to everyone

Where is the Labyrinth?

In the gardens of the Good Shepherd Congregation, entrance 18 rue Marie Euphrasie Pelletier (close to Bd du Bon Pasteur)

When can you come?

Individually or groups:

For bookings all year round, please call 0033 (0) 2 41 37 59 47
To walk the labyrinth is to walk a pilgrim’s path. A labyrinth is a circular path leading to a centre. It is a spiritual resource.

It is also an ancient symbol that is present in different cultures and religious traditions.

Feel free to experience the Labyrinth according to whatever beliefs you have.

There are labyrinths in India, in Egypt, in Russia, on the American continent and in Europe, like in the Cathedral in Chartres.

Walking the Labyrinth is a way to get in touch with your self, with others, with the earth, with the universe and with God.

The labyrinth of the Good Shepherd in Angers is not about getting lost, but rather a way to find yourself...

The Labyrinth of the Good Shepherd has a classical shape with 7 circuits; it is 230 meters long. It has been designed by the Austrian architect Gernot Candolini and was built in 2012, at the request of the Sisters of the Good Shepherd.

It is made of slate, a typical stone of the region of Angers, with sand from the river Loire.

The labyrinth is situated in the gardens of the Mother House of the Good Shepherd. This site has been a place of prayer and contemplation for almost 200 years.

Christian Symbolism

The incarnate Christ, represented by an image of the Good Shepherd, is both in front of us and behind us as we walk on the Labyrinth. A stylised dove is set into the labyrinth. It represents God’s Spirit.

The Labyrinth gathers all of Creation into the Trinity, symbolized by a trefoil shape in the centre.

Three steps to guide you:

- The way to the Centre: before you start, be in touch with yourself and look at the path you are going to walk. It is possible to walk with a question in mind or a word that speaks to you.

- The Centre: once you are in the centre, you can feel that you are at the heart of your spiritual universe. The journey may have opened your eyes in a new way to who you are.

- The way back: It is a time for reflection, a time to integrate new intuitions.

How to walk the labyrinth?

Walk at your own pace on the path covered with slates. It is an individual experience.

It is not possible to make a mistake on the labyrinth, because it is your inner self that finds its own way. You can let yourself be inspired regarding a decision or just let go.