

WAYS TO RELAX AND RESTORE ALONG ROUTE 6

US Route 6 in Pennsylvania is a place to come when looking for a slower pace, especially if you need a little reflective time alone to recharge your natural energies. Here you can find forms of relaxation that allow you to enjoy the natural beauty.

Sites featuring labyrinths can be found scattered along the Route 6. Despite common belief, a labyrinth isn't a maze, where you have to keep guessing about the right way to go, and you can't see the pattern you're walking. In a labyrinth, you simply follow a looping path, and you always end up at the center. The whole pattern is visible during your walk in and your walk out. According to experts, what happens as you walk a labyrinth is

that the body and spirit connect without the involvement of the mind. Your brain is busy watching where you're going, so it frees up a bit, allowing you to "get in touch" at a deeper level. In other words, a labyrinth encourages meditation, a walking meditation.



Labyrinths that are open to the public can be found in several spots. Charles Cole Memorial Hospital in Coudersport and Tyler Memorial Hospital in Tunkhannock have labyrinths on their grounds. The Lake Erie Arboretum at Frontier Park has a medieval 8- circuit labyrinth in the Chartes design.

French Asylum Historic Site, located on a bend in the Susquehanna River between Wyalusing and Towanda, Pennsylvania, was the safe haven for a group of French exiles fleeing the horrors of the French Revolution in the autumn of 1793. Today the site interprets how the refugees made a homestead here. The site also features a labyrinth as part of its peaceful setting along the Susquehanna River.



A few retreat centers and spas across Route 6 have incorporated labyrinths into their facilities. One of them is Olmstead Manor in



Ludlow, a retreat center with a blend of new and old buildings on 300 acres surrounded by the Allegheny National Forest. Besides a beautifully maintained garden area, the center also has an 8-circuit stoned labyrinth. The relaxing setting is appropriate for anyone looking for some quiet time away.

Yoga, another form of relaxation, is taught in many places throughout the Route 6 corridor; but probably most known is the Himalayan Institute just outside of Honesdale. Here yoga teachers come for refresher courses and yogis can spend a weekend, week or month in the natural retreat. Of course the state parks and trails systems throughout the corridor offer a perfect way to connect back to nature and yourself. Next time you need a break, take a trip along Route 6 and discover the many ways there are to recharge.