

## Design & Build

Lars Howlett is a leading expert in the creation of custom labyrinths from exact replicas of classical and medieval designs to one-of-a-kind artistic installations.

## Workshops & Archive

Recognized as a passionate speaker and inspiring teacher on the practice of drawing, building, and walking labyrinths, Lars manages a vast image archive of diverse designs from past projects and journeys to sacred sites around the world.

## Partial Client List

Napa State Hospital, CA  
Earle Baum Center of the Blind, CA  
Wellesley College, MA  
Middlebury College, VT  
Sofia University, CA  
Punahou School, HI  
Palo Alto Art Museum, CA  
Bonny Doon Winery, CA  
SF International Poetry Festival, CA  
+  
Churches, Retreats, Conferences,  
Retirement Communities, & Residences



Middlebury College Nearing Completion

## DISCOVER LABYRINTHS WITH LARS HOWLETT

[www.DiscoverLabyrinths.com](http://www.DiscoverLabyrinths.com)

[Facebook.com/DiscoverLabyrinths](https://Facebook.com/DiscoverLabyrinths)

[YouTube.com/DiscoverLabyrinths](https://YouTube.com/DiscoverLabyrinths)

[Veriditas.Teachable.com](https://Veriditas.Teachable.com) (webinars)

[Findlars@Gmail.com](mailto:Findlars@Gmail.com) (415) 810-4906

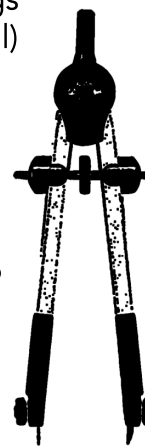


## Skills

- Custom Labyrinth Design
- Measurements and Scale Drawings
- Photo Research and Renderings
- Site Visits (in-person and virtual)
- Project Management
- Construction
- Restoration and Renewal
- Consulting

## Additional Offerings

- Workshops and Lectures
- Temporary Installations
- Facilitated Group Walks
- Photo Exhibits and Curation
- Writing, Tours, Film Screenings
- Advice on accessibility and Inclusion
- Referrals to other experts & specialists



## My Journey



**Lars Howlett** builds, walks, and photographs labyrinths as a practice in mindfulness. He is a Veriditas Faculty Member and Certified Labyrinth Facilitator having trained with the leader of the labyrinth movement, Lauren Artress, at Grace and Chartres Cathedrals. For three years he was the apprentice to Master Builder Robert Ferre, learning the art of sacred geometry and his methods of creating proportional and precise Classical and Medieval patterns.

In 2015 he launched **Discover Labyrinths LLC** based in the San Francisco Bay Area. Lars inherited his mentor's custom tools, labyrinth library, and workshop curriculum. Lars also continues to invent techniques and expand his knowledge. In 2017 Lars was named a Master Builder by contemporaries in his field.

Now leading a new generation in designing and building labyrinths, Lars works hand-in-hand with individuals and institutions. In workshops, writing, and tours, he shares his experiments and experiences. He has been an invited speaker at schools, retreat centers, art museums, and at Grace Cathedral, as well as at the 2011-2016 conferences of the Labyrinth Society (TLS). He is a member of the Wisdom Circle of TLS, serving as a board member from 2014-17 and coordinator for World Labyrinth Day -- a global event on the first Saturday in May. He is currently a part-time staff member of Veriditas as the webinar coordinator, resource developer, and social media manager

# "It is solved by walking"

The **history of labyrinths** is both mystical and mysterious. Mythologically, labyrinths refer to networks of perplexing passage-ways popularized by the tale of Theseus and the Minotaur. Today, for greater clarity, labyrinths are defined as typically having a single pathway that meanders toward a center. Unlike a maze, there are no dead ends, and instead of walls, the path of the labyrinth is laid out flat on the ground with the design and destination in full view from the entrance.

The **7-Circuit Classical** Labyrinth is one of the oldest and most common patterns-- a tablet from Pylos, Greece has been dated to 1200 BCE. The greatest number of surviving walkable labyrinths can be found in Sweden, where hundreds created with field stones line the coast of the Baltic Sea. Woven into baskets in the American Southwest, the Man in the Maze reflects the classical labyrinth and Cretan coins (above c. 400 BCE) also featured design variations.



Chartres replica at Grace Cathedral, SF

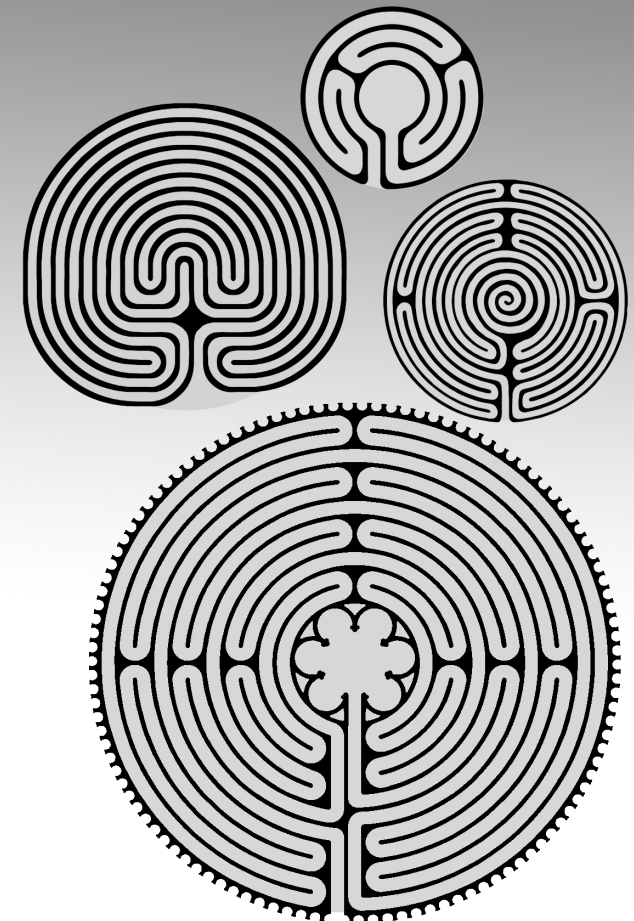
The **11-Circuit Medieval** Labyrinth at the Chartres Cathedral in France is a widely replicated pattern. Around 1200 AD the labyrinth was inlaid in the stone floor of the nave following principles of sacred geometry with a symbolic center rosette and outer lunations. Lauren Artress brought this design to Grace Cathedral in 1994 and it is now permanently installed in stone both indoors and out, inspiring thousands of others to build and walk labyrinths of their own.

**Other historic designs** include the Baltic Wheel (with a separate entrance and exit), the Chakra-vyuha (with a spiral center), mosaic Roman Labyrinths (often square-shaped), and English Turf Mazes (the largest surviving design located at Saffron Walden).

**Contemporary labyrinths** draw upon old forms, exploring variations or experimenting with new patterns to reflect modern themes and settings. Labyrinths can be as short as 3-Circuits or long as 15-Circuits or more. Portable labyrinths can be offered on canvas for walking or paper for tracing by finger.



Classical Labyrinth on Iona, Scotland



## DISCOVER LABYRINTHS WITH LARS HOWLETT

Labyrinths create time and space to reconnect with your self, environment, and community. With the stress and uncertainty of our day and age, many are turning to this ancient archetype in search of peace, healing, and transformation. Individuals and groups use labyrinths to practice mindfulness, navigate life transitions, honor big events, and hear their own inner wisdom. Found in public parks, schools, churches, hospitals, and backyards, labyrinths offer a metaphorical journey for people from all walks of life.