

# THE MANDALA: A MINDFUL, AWAKENING JOURNEY



## MANDALA

## WORKSHOP

**WHEN:** Saturday October 14, 2017 • 9:30 am - 4:00 pm (1 hour lunch)\*

**WHERE:** 4956 NE 193rd Street • Lake Forest Park, WA 98155

**FEE:** \$110.00 (includes art supplies -\$15.00 value)

**AUDIENCE:** Adults (18+), General Public \*LIMIT OF 15\*

### TO REGISTER:

1. Call or email Laurie
2. Send a \$50 deposit to reserve your space
3. Final balance paid the day of the workshop

**CONTACT:** Laurie Bell, BME, HTCP, RMT, CZT

**CELL:** (206) 817-4563

**LANDLINE:** (206) 367-9276

**EMAIL:** LadyBelleCreations@comcast.net

**WEBSITE:** LadyBelleCreations.com

### **Upon completion of this workshop you will be able to:**

- Describe how to create 'shades of light' while creating a mandala
- Create a luminous mandala
- Quiet the mind and connect to the inner self during the workshop
- Use art as a tool to express inner awareness
- Describe how to set positive intentions
- Identify symbols that will provide personal insight
- Describe how to use the mandala to help in stressful situations

During this hands-on workshop, we will come together as a group, look at the history of the mandala, work with our own intentions and goals, learn new skills and create several of our own mandalas. Your newly created mandala reflects a practice for centering, self-discovery, healing and growth. **NO art experience is necessary.** This safe, supportive process is a way to awakening your inner truth, light and wisdom.