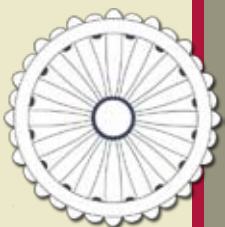


M a n d a l a

M e d i t a t i o n D r a w i n g W o r k s h o p

Call to Schedule; Cost Depends on Size and Event Complexity



What is Meditative Mandala Drawing?

To Hindus and Tibetans, mandala's are the Architecture of Enlightenment. For me, drawing mandala's every day is a gentle form of devotion and meditation. With the aid of the ancient bamboo pen, called Kalam we will be creating personal illuminated symbols and patterns for healing and inner peace. In fact, "Mandala" is a Sanskrit word that mean "circle". Mandala's generally have one identifiable center point, from which emanates an array of symbols, shapes and forms.

Mandala drawing is an easy to learn method of creating several 8" x 8" beautiful circular drawings for meditation. Mandala's can contain both geometric and organic forms. They can also contain recognizable images that carry meaning for the person who is creating it. In essence, mandala's represent the connection between our inner worlds and outer reality. Designing your own mandala's can be both inspirational and therapeutic. All participants, regardless of artistic ability, will create several of their own Mandala's. This joyous and non-competitive workshop will include meditation, storytelling, breathing drawing & coloring mandalas.



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