

Mandala: Sacred Circles for Healing

⊗ 2009 One Day Workshops ⊗

MAY 2, AUGUST 8, OCTOBER 3, DECEMBER 5

SATURDAYS, 10:00 A.M. - 4:00 P.M.

COARSEGOLD LOCATION - CALL FOR DIRECTIONS

Mandalas have been utilized cross-culturally for spiritual and healing purposes over thousands of years. The mandala represents our inner sacred space. You can personally use mandalas to help move toward spiritual and emotional wholeness. Examples of mandalas used cross-culturally include: Medicine Wheels, Rose Windows, the Labyrinth, Tibetan Sand Mandalas, and the Celtic Cross, to name a few. I teach mandalas to help people tap into spiritual and emotional healing in a safe, supportive environment. *No art experience is necessary.* Workshops are designed to help you:

- Deepen your spiritual and emotional well-being
- Identify and manifest personal intentions
- Find greater clarity and renewed creativity
- Honor the inherent goodness in you

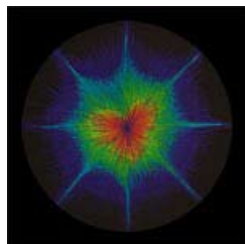
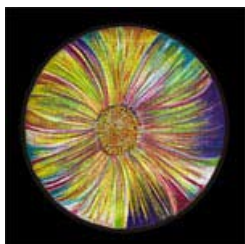
INVESTMENT: \$75 PER SESSION INCLUDES:

- Expert facilitation of the mandala process
- Guided mindfulness meditation and gentle movement
- The Mandala Healing Kit by Judith Cornell
- A set of colored PrismaColor pencils
- Beverages throughout the day (please bring a bag lunch)

TO REGISTER, CALL 559.683.1124

About the Facilitator: Lee Ann O'Neal, MA, MFT is a licensed marriage and family therapist trained in mindfulness based stress reduction, and is experienced working with adults, families and children. Lee Ann is a facilitator certified by Judith Cornell, Ph.D., author and creator of the Mandala Healing Kit.

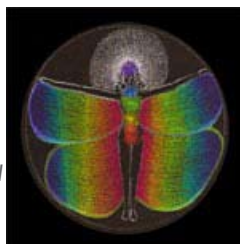
MINDFULNESS BASED PSYCHOTHERAPY • WELLNESS COACHING
CONTEMPLATIVE EXPRESSIVE ARTS WORKSHOPS



MANDALA FOR HEALING™

In these workshops we will use meditation, music, and contemplative silence to guide the exploration of the mandala as a process to express our inner wisdom and highest spiritual self. Join us as we honor the inherent goodness in all. *No artistic experience is necessary.*

To be yourSelf in a world that is constantly trying to make you something else is the greatest accomplishment. - Ralph Waldo Emerson



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