

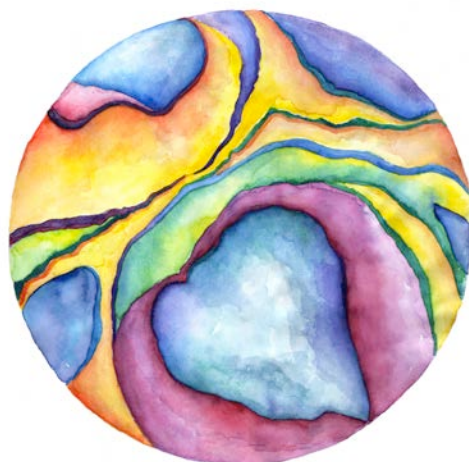
# MANDALA WORKSHOP

Presenter: Dianne Tennyson, MAT, ATR

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Learn how the unconscious speaks to us through the powerful, universal imagery of the mandala. Used in all cultures and religions, the mandala is a powerful tool for the exploration of both mind and spirit. Workshop participants will experience this powerful vehicle for self-discovery and creative growth by creating their own mandalas.

Carl Jung used mandalas with his clients and saw these images as a means to provide “movement towards psychological growth, expressing the idea of a safe refuge, inner reconciliation and wholeness.” Extensive research led Jung to see the mandala as a spontaneous expression of the unconscious mind.

No artistic skills necessary.

“Creating a mandala is magical. You put pencil to paper and, without the control of your consciousness, your hand creates an image that identifies what lurks deep inside. You process the image and heal. You are able to forgive and love yourself. Art therapy can help you find the inner strength to deal with life's challenges.” K.H. testimonial from a Group Member

## REGISTRATION FOR MANDALA WORKSHOP

Name: \_\_\_\_\_ Home phone: \_\_\_\_\_

Address: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Email address - **PLEASE** print clearly: \_\_\_\_\_