

Mandala

Awaken the Heartist Within

*Embody
Delight*

*Access
inner guidance*

*Release
self-limiting
patterns
and
beliefs*

*Open to
your
innate
creative
potential*



***Experience the Mandala Process as a Doorway for
awakening to spontaneous Creativity; a key to living Joyfully each moment.***

Mandala means "sacred circle" in Sanskrit and is a vehicle for Self-remembrance and healing across cultures. Even if you have never drawn before, you will discover a wealth of images within and the means to give them form with simple, yet powerful techniques. Effortlessly manifest your own radiant Mandala thru a visionary process combining meditation, movement, ritual, sacred sounds & simple drawing techniques.

• Prior Drawing Experience is Not Needed, just an Open Heart! •

Upcoming Events:

Workshops: 12:30pm - 6:00pm

The 1ST Sunday of each month

Suggested donation \$66 - \$108

Weekdays: 11am - 2:30pm

Mondays &/or Fridays

4 weeks \$132, or drop in \$44

\$15 For Materials (which you will keep)

• Marin Location • Intimate Group Size • Partial Scholarships Available •

For more information or to Reserve your space:

(415) 455-5989 or julia@mandalaweaver.com

Julia Weaver, MFT is the founder of Art and Soul, a resource center for sacred & healing arts. While swimming off the coast in 1996, Julia had a mystical experience where she spontaneously received mandala images, revealing deeper dimensions of healing and spiritual practice.

Julia is a licensed psychotherapist in private practice, with 25 years experience incorporating the arts with embodied spirituality.

Her work was featured in the New Age Journal, Mandala's Journey to the Center, and Feminist Mystical Artists.

She offers Mandala workshops for adults, teens and children as well as wild dolphin swim retreats in Hawaii.

www.mandalaweaver.com