

# Mandala & Labyrinth



## One Day WORKSHOP ~ AUGUST 19<sup>th</sup>, 2017

Held in a Private Garden Setting: 10:00am - 4:00pm

Cost: \$85.00

Do you want for a Creative meditative tool?

Wish you could unfold Positive Change in your life?

Do you need to find balance or a sense or calm?

Wish to reconnect to Joy?

Labyrinth and Mandala are ancient healing tools used by many world cultures for clearing the mind, bringing forth insight and empowering positive change. Experience these wonderful and powerful tools for yourself. No experience is necessary.

In this workshop you will:

- Learn the history behind these ancient arts
- Learn how to utilize various tools for reducing anxiety, increasing calm, for personal resource, and for mindfulness including these modalities.
- Learn about Sacred Geometry, set up and paint your own Mandala
- Learn how to carry intention and take a journey walk on a “Peace Labyrinth” in a garden setting.
- (Note: Bring a bag lunch. Healthy snacks and beverages will be provided during the day)

Register for this workshop at: [www.paintlifelLaughing.ca](http://www.paintlifelLaughing.ca) (store) or call for more information to:

Holly Carnegie-Letcher BSc.(OT) at: 250-927-3730 [www.pathways2wellness.ca](http://www.pathways2wellness.ca)

Carrie Osborn –Art Therapy: 250-752-6141 [www.paintlifelLaughing.ca](http://www.paintlifelLaughing.ca)