

Making Mandalas

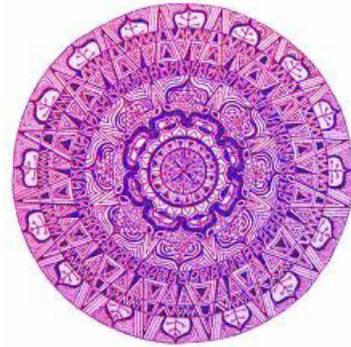
Welcome to sacred space and mandala making. Thank you for joining us! We will be creating our mandala in silence from 9:45-11:15.

If you need to communicate with another participant, please do so with silent gestures (not even whispers). Silence is important to the process. I am happy to step out of the room with you if you have a burning question.

There is no right or wrong way to contribute to the mandala design. Work at your own pace. It's OK to copy someone else's design in another area if you like. It's OK to stay in one area or to move around. It's OK to take pauses.

You can stay for this entire session or leave quietly when you feel you are done. You can re-enter at the next session if you like. We will start another complete session from 2:15-3:45.

Thank you again!



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