

Creative Holistic Integration(CHI) Workshop

Mandala: Circles of Wholeness

Facilitator: Suchinta Abhayaratna, Th.D.

Certified Mandala Healing Facilitator & Transpersonal Transformational Psychologist



**Fridays in June - 9:30am – 12:30pm or 2 – 5pm.
Spring Valley Road (off Peponi Road or Lower Kabete Road)**

Combining meditation, sound, intention and imagination, we use colored pencils on black paper to create luminous circular symbols for healing and transformation. Previous artistic experience or talent not required.
All materials provided.

June 3: Introduction to Mandala Healing / Expressing the Light Within

June 10: Opening & Healing the Heart / Forgiveness

June 17: Letting Go / Gratitude / Gifting

June 24: Visioning / Collective Sand Mandala

Must attend all sessions in sequence.

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