



## Personal Mandala Making—April 6<sup>th</sup> or 27<sup>th</sup>, 1-5 pm

Making one's own mandala with symbols and inner language can lead to personal discovery. Meditating with one's mandala can be a way to center and ground one's self.

This workshop is limited to five participants. The cost is \$50. Participants need to bring colored pencils and/or collage materials of their choice. Heavy stock paper will be supplied.

To register, send a \$50 dollar check to

Catherine Steinberg, 142 N. Madison Rd., Guilford, CT 06437; address of the workshop. Email [ctcl@comcast.net](mailto:ctcl@comcast.net) or call 203-623-1472 if you have questions or wish to pay via venmo.

Catherine has been a psychotherapist and artist for over 40 years in Guilford, CT.

She leads experiential workshops and retreats in CT and NM.

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