

Mandala Workshop

with Carolyn Freeman

at 43 Albany Road
Fleet, GU51 3PU

£40

All materials and refreshments supplied

**Saturday the 11th
March 2017
2:00pm - 5:00pm**



For more details, please
contact Carolyn
by phone on 01252 627505
or 07713 792913
or email at
cjf@reiki-spirit.org.uk
www.reiki-spirit.org.uk

Mandala Workshop

In this three hour healing workshop, you will learn how to:

- Draw simple mandalas
- Use mandalas to gain insight into your life
- Use mandalas to meditate on
- Find peace and contentment through creativity
- Release emotional stress and tension
- Connect to your inner self

This workshop is suitable for all abilities, including
novices and beginners. All ages welcome*

Carolyn has always appreciated the many forms of art and has
drawn, painted and created using various mediums from her
early teenage years.

Her artwork has evolved into a much freer and more spiritual
style since practicing with healing and energy, yoga and
meditation. Her mandala work and other art reflect this
creativity and freedom.

Carolyn teaches from her own experiences and loves to share
her knowledge and understanding in an educational,
humorous and friendly manner.

* Under 16s to be chaperoned by a responsible adult