

## ART FROM THE HEART: MANDALA RETREATS

Mandala is an ancient Sanskrit word that means "circle." (The ones here were painted in watercolor by Dr. Carol Ann Beeman, Educator & Art Therapist.).



The mandala is a drawing made within the framework of a circle. Cultures from around the world have used circle drawings that have similar colors, shapes and symbols to express universal aspects of the human experience.

The circle shape is basic and a repeated and familiar form in all of nature. Think of cells, atoms, planets and their orbits. It is the first shape a child draws. Cycles are innate in all of life---biological cycles, weather cycles, and planetary cycles. The mandala drawing with what we create within and outside of it speaks of a universal, but very personal place.

Dr. Carl Jung, the famous Swiss psychiatrist, is credited with our present understanding of the psychology and importance of the mandala. The work of

Joan Kellogg, M.A., A.T.R.-B.C (Board Certified, Registered Art Therapist), as represented in the MARI (Mandala Assessment Research Instrument), evolved from the study of Jung's discoveries and work. Mandala work is a meditative and healing practice.



### MANDALA WORKSHOP

#### ART RETREAT FORMATS:

##### I. **Half-Day Introductory**

**Session.** 8:30- 12:30 Includes Introductions, Reflection & Warm-up- 30 minutes; Drawing Session- 1 Hour Group; Process Time- 30 Minutes; Individual Process sessions for 1 Hour, then Group Closure Drawing Session for 1 Hour.

##### II. **One-Day.** 9:00 AM- 4:00 PM

3Sessions- Lunch on your own

Group I- 9:00 to NOON

Individual- NOON to 2:00 PM

Group II- 2:15 to 4:00 PM  
Individual Process Sessions:  
(10-15' sessions with Dr. Beeman to review artwork and process contents, if desired)

2:15-2:45 Q & A

2:45-3:15 Drawing Session  
(1 Drawing for Closure)

3:15-3:30 BREAK

3:30- 4:00 Group Sharing & Closure

#### III. **Weekend Retreat(see flyer)**

7:00 PM Friday to NOON

Sunday- 6 Sessions

#### IV. **Week Retreat (see flyer)**

Daily Group Drawing Sessions in AM & Individual Sessions in PM, then Evenings- Meditation or Reflection, Recreation

#### FEES:

**I. HALF-DAY - \$50/PERSON**

**II. WHOLE DAY- \$75/PERSON**

**III. WEEKEND- \$200/PERSON  
(Includes 3 meals)**

**IV. WEEK RETREAT-  
\$500/PERSON + Lodging & 13 meals( based on accommodations and group rates that will vary according to location).**

**St. Therese Missionary Society** is dedicated to helping build educational excellence and service to poor and underserved students and families. In doing so, we take a comprehensive

approach to helping innovative programs succeed. Therefore, this program is one example of the many areas we are seeking to create and to maintain long-term sources of gift revenue, donations, grants, and ongoing financial support for worthwhile projects.

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**P.O. Box 1155**

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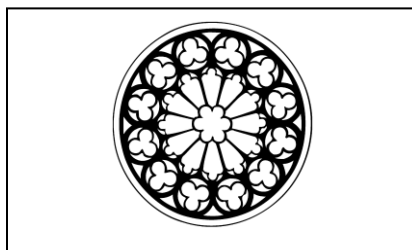
The St. Therese Missionary Society



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THE HEART!



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