

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.

ART FROM THE HEART:

*Reflections on I
Corinthians 13 &
the Little Way of St.
Therese*

ART RETREAT FORMAT

Daily Group Drawing
Sessions AM

Individual Process Sessions PM

Group Drawing Sessions PM

Evenings Meditation- Reflection,
Recreation

SCHEDULE:

MONDAY- CHECK-IN

9:30 Greetings, Reflections,
Q & A; Room Assignments

11:00 Re-Group & Intro to
Retreat & Mandala Work

Noon- Lunch

1:00-2:15 Mandala Session

2:15-2:30 BREAK

2:30-3:30 Process Group

3:30- 5:00 Free Time

5:00-6:00 Dinner

6:00-9:00 Recreation

9:00-10:00 Refreshments &
Retire

Tuesday through Thursday

8:00- 9:00 BREAKFAST

9:30 Greetings, Reflections,
Q & A

9:45-10:00 BREAK

10:00-11:00 Drawing Session (3
Mandalas)

11:00-11:15 STRETCH

11:30- NOON Group Process
Session

NOON- LUNCH

1:00- 3:00 PM Individual
Sessions with Dr. Beeman

2:00-3:00 Rest & Relaxation
(Free Art time, if desired)

3:00- 4:00 Drawing Session (3
Mandalas)

4:00-4:15 STRETCH

4:15-4:45 Group Process Session
5:00 SUPPER
7:00 to 9:00 PM
Film & Discussion Group
9:00-10:00 Refreshments &
Retire
FRIDAY
8:00-9:00 BREAKFAST
9:30 Greetings, Reflections,
Feedback
9:45-10:00 BREAK
10:00-11:00 Drawing Session (3
Mandalas)
11:00-11:15 STRETCH
11:30- NOON Group Process
Session & Closure
NOON LUNCH & GOODBYES

WEEK-LONG RETREAT-
\$500/PERSON + Lodging & 13
meals based on accommodations
and group rates that will vary due to
location.

FEES GO TO SUPPORT:

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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HOME OFFICE:
P.O. BOX 1155
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<http://sttheresemissionarysociety.org/>

WE ARE ART FROM
THE HEART!



FOR MORE INFORMATION:
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Dr. Beeman:



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ART FROM THE HEART: MANDALA WEEK RETREAT

CAROL ANN BEEMAN, M.A.
in ART THERAPY, ED.D.

...a Veritas Initiative of

The St. Therese Missionary Society

