### 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, 0 & 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.

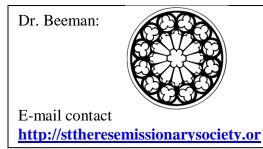
Legal Entity: St. Therese Missionary Society is incorporated as a nonprofit organization under the IRS 501(c)(3) designation as a religious non-profit. HOME OFFICE IS LOCATED IN SEARCY COUNTY, ARKANSAS. HOME OFFICE: P.O. BOX 1155 Marshall, Arkansas 72650

http://sttheresemissionarysociety.org/

# WE ARE ART FROM THE HEART!



FOR MORE INFORMATION: Call, email or write us.



### ART FROM THE HEART: MANDALA WEEK RETREAT

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

...a Verítas Inítíatíve of

The St. Therese Missionary Society

