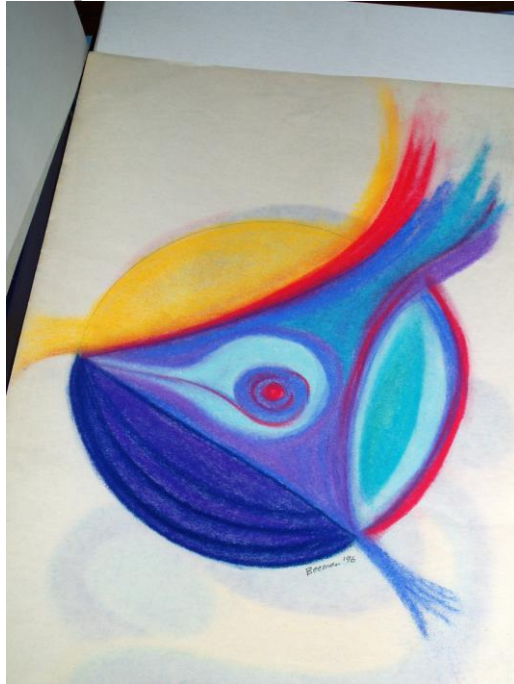


ART FROM THE HEART: MANDALA RETREATS

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 FROM THE HEART:

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

ART RETREAT FORMAT

Weekend Retreat: 7:00 PM
Friday to NOON Sunday-
6 Sessions , 3 Meals &
Continental Breakfast on Sunday

SCHEDULE:

Friday- 7:00- 9:00 for Greetings,
Introductions, Reflections,
Instruction & 1 Mandala
Drawing Session (Expectations)
Saturday AM-
8:00-8:45 BREAKFAST
9:00- 9:45 Greetings, Reflections,
Feedback
9:45-10:00 BREAK
10:00- 11:00 Drawing Session (3
Mandalas)
11:00- 11:15 STRETCH
11:15- 11:45 Group Process
Session
11:45-NOON Sign Up for
Individual Sessions
Lunch Break NOON- 2:00 PM

Saturday PM- 1:00- 3:00 PM
 Individual Sessions with
 Dr. Beeman
 2:00-3:00 Rest & Relaxation (Free Art
 time, if desired)
 Saturday PM- 3:00- 4:00 Drawing
 Session (3 Mandalas)
 4:00-4:15 STRETCH
 4:15-4:45 Group Process Session
 5:00- 6:00 Dinner Break
 6:00-7:00 Relax
 Saturday Night- 7:00 to 9:00 PM
 Film & Discussion Group
 Sunday AM- 8:30 MASS
 9:15-10:00
 Continental Breakfast Bar
 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
WEEKEND RETREAT-
 \$200/PERSON (Includes 3 meals:
 Breakfast/ Lunch/Supper & Continental
 Breakfast Bar on Sunday)

FEES GO TO:

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**

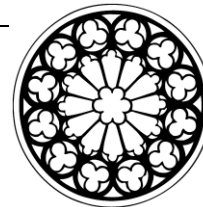
<http://sttheresemissionarysociety.org/>

**WE ARE ART FROM
 THE HEART!**



Call, email or write us.

Dr. Beeman:
 E-mail contact:
<http://sttheresemissionarysociety.org/>



ART FROM THE HEART: MANDALA WEEKEND RETREAT

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

...a Veritas Initiative of

The St. Therese Missionary Society

