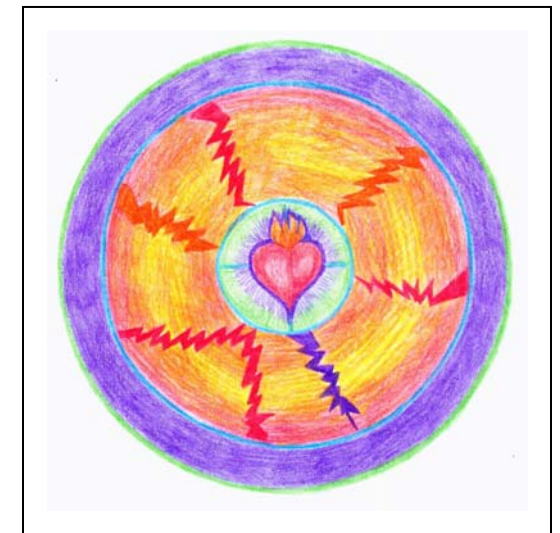


Empower yourself at
**The Art of the
Mandala**

*Weekend Retreat
March 26-28, 2010*

*at The Mandala Center
Des Moines, New Mexico*



with
Lily Mazurek, M.A.
Mandala Teacher & Artist
www.themandalamessage.com

About your Teacher...

Lily Mazurek is the originator of Mandala Workshops in Florida. She developed them in the process of healing from critical illness in 1996. She found Mandala work to be extremely effective in helping to heal emotional and physical pain and in self-transformation.



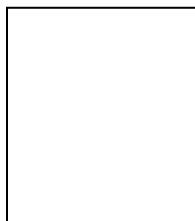
Ms. Mazurek studied art therapy with pioneer Margaret Naumberg at the New School for Social Research in New York. She holds a B.A. in Visual Arts from Rutgers University and a M.A. in Arts Management from New York University. She has been a student of metaphysics and spirituality throughout her life, and is a practitioner of Reiki, EFT, and herbal medicine.

Ms. Mazurek has conducted Mandala Workshops at universities, churches, cancer centers and privately. She also conducts seminars in Public Speaking, Journaling, Boosting Your Immune System, Midlife Madness, Earthworks, and Preserving Artwork. Ms. Mazurek manages a performing arts center in Florida and is a published writer.

The Mandala Message

*Mandala Workshops
10160 E. Cypress Ct.
Pembroke Pines, FL
33026*

TO:



*“We must remake ourselves within the universe of our own mind and body.”
--Lily Mazurek, Mandala Teacher & Artist*



A Tibetan monk creating a sand Mandala

What is a Mandala?

A Mandala is a circular design that promotes wholeness, harmony and inner balance. Mandalas are powerful and have been used in healing for centuries by cultures all over the world.

In these transformative workshops with Lily Mazurek, you will explore an issue that concerns you such as health, financial, relationship, or self-image. Then you will produce a personal Mandala for your healing through a guided, meditative process.

In a safe, supportive environment, creative visualization and the awesome power of your own mind and heart will help you change the vibration of your issue and shift it. The Mandala Message will be clear.

Healing and visual imagery is developed through sensory awareness. Participants are encouraged to communicate their results to enhance the healing experience.

Need more information or want to book a presentation? Please email your message to mandalaworkshops@bellsouth.net.

Workshop Activities

In this Mandala Workshop you will:

- ✿ learn about the origin & use of Mandalas
- ✿ discover why Mandalas work
- ✿ create a personal Mandala, with no art experience necessary
- ✿ see how other cultures use them
- ✿ transform your problem by shifting its vibration and energy
- ✿ help heal physical, mental or emotional pain
- ✿ relax deeply and handle stress
- ✿ lay the foundation for other workshops with Lily Mazurek
- ✿ create a group Mandala
- ✿ feel better and have fun!

“The workshop was a wonderful, transformational experience for me. I had a clearer perception of what mattered to me. Even after the workshop, things continued to change.”

~ Elisabeth Spear, MSW,
Oncology Social Worker



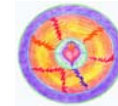
“I learned that this workshop can be a very powerful tool...and it gave me a chance to know myself better.”

~ Crystal Dillard, MSW

Visit our website:

www.themandalamessage.com

**MANDALA WORKSHOP
REGISTRATION FORM**



Name _____

Address _____

City _____

State _____ **Zip** _____

Phone _____

Email _____

Gender _____

Please register me for the Art of the Mandala Intensive:

Friday, March 26-Sunday, March 28, 2010, from 3 p.m. Friday through 3 p.m. Sunday

Location: The Mandala Center, Des Moines, New Mexico

Fee: \$275 per person
Lodging and meals are extra

Register and pay online at:

www.mandalacenter.org/mandala-workshpwinspg.htm#four or write to:
information@mandalacenter.org

To pay by Check (Send deposit to: The Mandala Center, PO Box 158, Des Moines, NM 88418)

To pay by Credit Card (Call the Mandala Center at (575) 278-3002 with your credit card info)