

Making Mandalas with Meaning

Guided meditative art workshop with Dr. Tracy Marrs



Mandalas at the Market

April 23, 2023

Hourly starting from 8 am
Final workshop at noon

Mandalas have been used for centuries to calm the mind, explore the subconscious, and simply to create beauty. In this workshop, we will explore the history of mandalas and their usefulness to create calmness, balance, and self-exploration. We will create our own mandalas using whatever medium moves us – pens, markers, paint.

What to expect

- Background on mandalas and their meanings
- Discussion of how to use mandalas
- Individual mandala creation with colored pencils, watercolors, markers, gel pens

(Don't worry, you don't need experience or skill to create something beautiful and meaningful – only a little patience and maybe a preprinted mandala.)

Mandala means center, circle, or disc. It is used as a meditative tool, for establishing sacred space, and for representing gods and deities. Different cultures have different types of Mandalas.

They can be used for a variety of purposes - spiritually, artistically, and more.

THE BENEFITS OF CREATING MANDALAS

- Calms the mind & relaxes the body.
- Quiets chaotic emotions & eases stress.
- Improves focus & concentration.
- Activates the creative part of mind.
- Creates the path for spiritual growth & improvement.
- Improves sleep, reduces nightmares.

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Dr. Tracy Marrs has been a teacher for almost 20 years. She has taught literacy, education, and art classes to students of all ages. After she earned her Ph.D. in Mythological Studies with an emphasis in Depth Psychology, she turned her love of stories and art into GallaMarrs Transformations. As a Creative Arts Facilitator, Tracy enjoys creating meaningful experiences that balance learning, creativity, and fun. For mor information on future events check out www.gallamarrs.com or email drtracymarrs@gmail.com.