

# Mandala Magic : Circle of Calm

Since ancient times, the mandala has been a symbol of wholeness, harmony, and connection. Its circular form mirrors the cycles of life, reminding us of balance and unity within ourselves.

**Mandala Magic: Circles of Calm** is a gentle, creative workshop where you'll discover the mandala as more than art — it becomes meditation. As you are guided through the process of creating your own mandala, you'll step into flow, release tension, and find a deeper sense of stillness and balance.

**What's Included:**

- \* Guided meditation to open inner stillness
- \* Exploration of the meaning and symbolism of mandalas
- \* Step-by-step mandala creation practice
- \* Reflective sharing and conversations

All materials are provided. No experience is needed — your mandala will unfold just as it needs to.

Limited places available — bookings essential.

Come and discover the calm and clarity that unfolds when circles guide us back to centre.