



# Mandala



Mandala - loosely translated means “circle,” but it is far more than a simple shape. It represents wholeness and can be seen in all areas of life. Creating a mandala is an activity that can reduce stress, bring about peace and produce calmness (as we continue our post-COVID reentry). When drawing a mandala, you work on focusing from the center of the circle to the outer edge. Learn how to make a collage mandala using photos, paints, crayons, colored pencils, pastels and whatever you may wish to include in making this creative tool for mindfulness! You can bring your pictures or anything else you may want to use for your mandala.

Monday, September 19, 2022

11:30am – 1:30am

at the Peter Kirk Community Center

**Presenter: Bertha Marselis, Creative Expression of  
Health & Wellness Facilitator**

Pre-registration required.

Call 425-587-3360 for details and registration