

# MANDALA ART

## Course outline



The relentless pace of modern life can stifle creativity and undermine happiness and wellbeing- but it doesn't have to be that way. Mindfulness is a state of mind where you are paying full attention to whatever is happening in the present moment, rather than living in the past or worrying about the future.

*Mandal Art* shows you how to integrate mindfulness meditation with art therapy and the creative process that works by soothing and clarifying the mind, allowing innovative ideas to take form and flourish. The simple mindfulness techniques at the heart of *Mandala Art* dissolve anxiety and stress and have been proven to enhance creativity, problem solving and decision making – skills that are needed not only by 'creatives' but by anyone who wants to optimize their work, life and overall wellbeing.

## Who should attend

The workshop is suitable for adults from all walks of life and people looking for new ways to pursue a more creative and productive path leading to growth and self- transformation. No previous art experience is required just a willingness to participate, have fun, dig deep and immerse yourself in the moment.

## Learning Outcomes:

- Follow the simple practices at the heart of 'mindfulness for creativity'
- Apply mindful art methods for personal growth, insight and transformation.
- Use mindfulness meditation and guided imagery to create a mandala - a sacred circle and symbol for healing and wholeness.

## Content

MORNING	AFTERNOON
<ul style="list-style-type: none"><li>• The foundations and benefits of mindfulness</li><li>• Building brain power – 10 minutes a day!</li><li>• Mindfulness for creativity and guided meditations.</li></ul>	<ul style="list-style-type: none"><li>• Art therapy and the creative process</li><li>• Mindful Art + Happiness Project</li><li>• Mandala drawings and luminous symbols for healing.</li></ul>

## What to bring

All materials are provided. However, you may bring additional art material such as rhinestones and glue glitter to decorate your mandalas. Wear comfortable clothing and bring your own water and lunch. Coffee and tea provided. If you have any special needs, please let us know on the [registration form](#).

## Pre-learning (Optional)

- *Mindfulness for Creativity* (2015) by Dr. Danny Penman. Includes CD of meditations.
- Simple Zen tangle design: <https://www.youtube.com/watch?v=ne11CFefrkl>
- Tibetan monks create sand mandala <https://www.youtube.com/watch?v=IYVciFhpsHc>

## Presenter



Barbara Miller, principal of Potential Unlimited Canberra, is an organisational psychologist, life coach and trainer with degrees in arts, science and adult education. She is a member of the Australian Psychological Society and founder of the Positive Psychology Interest Group.



APS

Member  
Australian  
Psychological  
Society MAPS

Her meditation and mindfulness practice extends over twenty years and she has studied art and contemplative practices with master practitioners. Barbara's method blends the spiritual science of the mandala with theories in mindfulness, neuroscience and positive psychology that shows how to pursue a more creative, productive and fulfilling path.

**Disclaimer:** Please note that while this program is designed to support your journey of wellbeing and growth it is not meant to be a replacement of formal mental health therapy or medical care. Those seeking such care and who are interested in mindfulness based therapy, should practice under the support and care of a registered health professional. Or contact your GP for under the Better Health Outcomes.

**Date:** Sunday 25 September, 30 October or 27 November 2016

**Time:** 10am -4pm – 1 Day workshop with a lunch break (BYO)

**Cost:** \$150 pp/\$130 concession (Includes materials)

**Early bird:** \$100 (10 days before workshop)

**Venue:** Canberra Artworks 8 Townsend St, Phillip ACT 2606.



**Bookings:** Canberra Artworks Phone: 02 6162 4444

**Contact:** Barbara Miller: [www.potentialunlimited.com.au](http://www.potentialunlimited.com.au) or Phone 0417 460845

