



MANDALA & MEDITATION WORKSHOP

In this unique painting class, we work with both the right and left brain. Each person creates a unique mandala painting to enjoy at home and to use as a beautiful addition to their art wall and as a meditation tool.

We add balancing breathing techniques and meditation prompts while creating your special work of art with acrylic paints, and other tools. You learn about the history and the psychology of mandalas as well. You also learn some insights about yourself.

This is a fun and interesting class.

We offer this class through our partners, please check our Workshops and Classes link on our website to see if a class is currently available.

We also offer this class privately in your home or other venue.

Call us for pricing, with any questions and to schedule your workshop.

