



Yoga + Mandalas

A Group Workshop at
Village Club & Preserve at Martin Downs
Thursday, June 15, 5:00-7:30 PM

Join us for an evening of yoga and creative expression! Starting with a gentle yoga flow to open up our heart space and get the creative juices flowing, we'll then journey into a short guided meditation, followed by a mandala workshop where you will create your own masterpiece using your medium of choice. No prior yoga or art experience is required, just your willingness to flow and create!

Mandala is a Sanskrit word meaning circle, or center, an ancient form of Hindu art used for meditation and concentration. Working within a circle provides a structure and a way to slow down, relax and be expressive, and studies show it can have calming effects on the body and relieve stress. You will be guided in creating your own, one of a kind mandala! All art supplies will be provided, along with tea and snacks.



Diane Raymond is a local artist and worked as a licensed Art Therapist for 17 years in schools and in private practice.

Lauren Gicas (Diane's daughter) is a 200-hour yoga instructor, Usui Reiki Master and licensed Massage Therapist.

To register, email laurengicas@gmail.com
or text: 843-609-2839

Workshop cost - \$45