

Mandalas for Healing and Relaxation



*There comes a holy and transparent time
when every touch of beauty opens the heart to tears.
This is the time the Beloved of heaven
is brought tenderly on earth.
This is the time of the opening of the rose.*

~ Rumi



Dr. Maia Apolonia has been drawing mandalas, facilitating creative processes, and practicing nondual meditation since the early 90's. With a BA in Art Education, and an MA and PhD in Transpersonal Psychology Maia's creative and spiritual movements flow together through many avenues including drawing, collage, poetry, singing, and even rap music. See a gallery of her work at: www.shivalotus.com.

Your heart is like a rose, a living mandala. As it opens, a natural process of healing occurs. Your mind and emotions relax, and the beauty of your spirit spontaneously expresses itself.

Explore the magic and mystery of your heart unfolding in special day of exploration with Dr. Maia Apolonia. In 1992 Maia spontaneously developed a simple yet powerful form of meditation through mandala drawing. Years later she discovered that her method was almost exactly the same as one practiced for thousands of years in India. Sometimes referred to as "painted prayers," in India these mandalas are thought to offer blessings, longevity, prosperity, and protection.

The mandala drawing process you will experience is **simple to learn, simple to teach**, and you can do it **just about anywhere**—yet it has a natural way of helping you:

- **Release self-judgment**
- **Become relaxed and centered**
- **Let go of mental & emotional struggle**
- **Effortlessly move beyond creative blocks**
- **Realize your capacity to create beauty**

The day will include guided mandala exploration, music, contemplative dialogue, and silent sitting. You are warmly invited to join us for this time of healing, opening, and discovery.

Saturday, February 23, 2008
Oakland, CA

10:30am-4pm ~ Cost: \$80*

Registration is required. Contact Ann:
annskinnerjones@yahoo.com
(650) 224-3108

Hosted by NoneSuch Space

* Cost includes guided mandala exploration, quality drawing materials, and a special gift for each participant. Limited scholarships available. Bring a bag lunch. **Please arrive by 10:15.**