



Creating Mandalas for Centering

**Friday, May 12, 10-12 pm
Health Touch, Durham, NC**

Ruth Hamilton, MA Ed. will show you classic mandalas and you'll create your own. You'll learn from the mandalas of the Native American, Celtic, and Tibetan traditions. Nature inspired mandalas are good for grounding. Ruth will bring colors and movement together to help you experience centering. From this calm feeling, you will design the mandala for your intentions.

Mandalas are important because:

- The regenerative and curative power of the mandala activates the latent power of the mind.
- Healing may occur because the mandala making process has a calming and relaxing effect on the mind.
- The circle design becomes a container for feelings and sensations that may be difficult to express in words.
- Universal symbols often appear in mandalas that may give you insights to your soul's wisdom

The Creating Mandalas for Centering workshop is held in the classroom at Health Touch. The fee for this workshop is \$17 and includes all materials. Register before May 1 and receive a copy of Ruth's book, *The Humor Resource Guide* (\$5). Register by sending your check payable to Arts Can Heal, 3500 Westgate Dr., Suite 504, A-3, Durham, NC 27707. Visit www.ArtsCanHeal.com for more information about Ruth Hamilton, MA Ed. Ruth is certified in Expressive Arts from Salve Regina University, Newport, R.I. Call Ruth at (919)544-2370.



Ruth Hamilton, MA Ed. is an Expressive Arts Counselor, certified by the Expressive Arts Institute at Salve Regina University, Newport, R.I. She also is founder of Carolina Health & Humor Association (Carolina Ha Ha.) Ruth delights in weaving the Expressive Arts with humor. Her sessions and workshops are enjoyable and inspiring. She leads clients to new insights that soothe the spirit and awaken the healing power of imagery.

