

# *Creating Centering Mandalas*



**Ruth Hamilton, MA Ed.** will show you classic mandalas and you'll create some of your own. From the Sanskrit, mandala means circle. You'll see mandalas of the Native American, Celtic, and Tibetan traditions. Nature inspired mandalas will help you in grounding. Ruth will bring colors and movement together to help you experience centering. From this calm feeling, you will design the mandala of your intentions.

Mandalas have:

- Regenerative powers that activate latent mental powers
- A calming and relaxing effect on the mind.
- A container for feelings and sensations
- Universal symbols and insights to your soul's wisdom

**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.