



MINDFUL MANDALAS

A CREATIVE, CONTEMPLATIVE WORKSHOP

HOSTED BY: LAURIE WALLACE

We are presenting a series of workshops throughout the year exploring the linkage between the mind and creativity to enhance our self-awareness. Each workshop is designed to stand alone but follow the theme presented.

This creative workshop will introduce basic concepts, history, and examples of mandalas. Mandalas are sacred “circles” that reflect Sacred Geometry, exploring our relationship to natural, universal patterns and geometric shapes that unify our world.

Participants will enjoy a peaceful setting designed for reflection and renewal, with time to slow down, breathe, and create in a calm, welcoming environment.

Together we will focus on creating mandalas as a way to connect our inner selves with the world around us — and to discover insight, hope, and self-expression. Emphasis is placed on the process of creating, helping us become more intuitive and less critical of any outcome — and this is where mindfulness really begins. There are no mistakes in the final result.

No previous art experience is required. All materials will be provided, and participants are also encouraged to bring their own art materials if they wish.



REGISTER
ONLINE



SATURDAY

MAY 30, 2026

9:00 AM - 12:00 PM

**\$50 Per Person /
Supplies Included**

Register online or contact José at 310-377-4867 ext. 250, jsalas@maryjoseph.org

MARY & JOSEPH RETREAT CENTER 5300 CREST ROAD, RANCHO PALOS VERDES, CA 90275