



THE BROKEN BOWL® *Experience*



Transforming life's fractures into renewed strength, meaning, and wholeness.

HOSTED BY: ALICIA MACIEL,
WELLBEING COACH AND MINDFULNESS MENTOR

The Broken Bowl® Experience is a spiritually grounded journey into resilience, restoration, and renewal. Inspired by the Japanese art of Kintsugi, participants intentionally break, decorate, and restore a ceramic bowl, mending the fractured seams with gold.

Through contemplative silence, creative expression, and shared reflection, participants are invited to reconnect with inner strength, deepen self-awareness, and embrace the truth that wholeness is not the absence of struggle, but the integration of it.

This experience is designed for anyone seeking renewal, healing, reflection, or deeper connection.

Participants are welcome to attend individually or alongside someone meaningful in their life.

- No previous art experience is required
- Recognize that brokenness can become a beginning rather than an end
- Embrace the wisdom that emerges through life's challenges
- Awaken to the healing resources that dwell within

SATURDAY

Jan. 23, 2027

9:00 AM - 4:00 PM

\$100 Per Person

Lunch & Workshop
Material Included

**REGISTER
ONLINE**



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

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