



THE MELBOURNE ART THERAPY STUDIO

ABBOTSFORD CONVENT ARTS PRECINCT

1 St Heliers St. Abbotsford

Presents...

Mandala Workshop



Come and join us for this one day workshop where we will create mandalas to explore, play and heal.

Mandala art can be used for self-expression, spiritual transformation, healing and personal growth. Mandala is a Sanskrit word that means "circle". In the Hindu and Buddhist religious traditions, sacred art often takes a mandala form, providing both spiritual and ritual significance. In therapeutic terms, psychoanalyst Carl Jung saw the mandala as "a representation of the unconscious self".

No previous experience in art making is necessary and all materials will be supplied.

Facilitator: Art Therapist Aliza Levi has spent the past fifteen years making her own art and facilitating art making groups in both Australia and South Africa. In the past five years, since completing her MA in art therapy, she has run various art therapy groups. She also works with individuals and couples in community and private practice.



Register on line at www.melbournearttherapy.com.au or phone 8415 0052