

# SOUL AT HOME

A MARKETPLACE FOR LIVING

## MANDALAS: AS A MEDITATIVE PRACTICE



**CHARLOTTE BACKMAN, PRESENTER**  
**SATURDAY, NOVEMBER 15<sup>TH</sup> - 1:00PM - 5:00PM**  
**\$45 PER PERSON - SIGN UP TODAY!**  
**CLASS SIZE IS LIMITED**

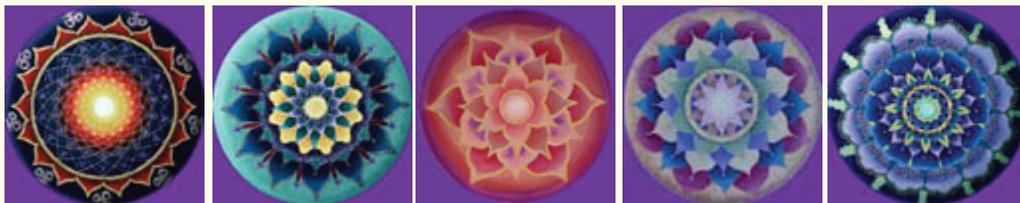
Mandalas are symmetrical designs around a central point used in many cultures for healing, transformation and bringing harmony to the environment. Whatever your artistic experience and skill, you can learn to create your own beautiful mandala that reflects your inner world. This class will teach you simple design, layout and shading techniques while you create a 10" square mandala with colored pencils on black paper. Each student will

go home with their own Mandalas to color and design.

Mandala is the Sanskrit word for circle, the most basic form of Sacred Geometry. Circular forms have been used as tools for spiritual contemplation and representations of wholeness by both Eastern and Western cultures. They are symbols for the archetype of integration.

In Tibetan Buddhism, mandalas are believed to be the spiritual embodiment of the Buddha. Meditating on a mandala is considered a path to enlightenment. Native American traditions used circular sand paintings for healing and transformation. And in Christianity, one of the most beautiful mandalas is the stained glass Rose Window at Notre Dame in Paris.

I am inspired to paint mandalas both as an expression and an experience of connection to the Divine. The symmetry, color, texture, and feminine forms are food for my soul.



**CHARLOTTE BACKMAN** has been painting mandalas for 10 years. Her art shows reverence for traditional designs while expanding the form to include contemporary influences. She considers mandala-making a spiritual practice, as they are artistic representations of the concepts of wholeness and connection. Visit her website to view her work and create your own mandala online:

**CALL (714) 573-7685 RESERVATIONS RECOMMENDED**

17612 EAST 17TH STREET - TUSTIN, 92780 (714) 573-7685 [WWW.SOULATHOME.COM](http://WWW.SOULATHOME.COM)