

Seeking the Centering Circle

a mixed modality retreat with Lisa Thorpe

Group fee +

\$10 materials fee per person. Type of Mandala making will be designed to suit the needs and interests of your group.



Seeking the Centering Circle - Mandala Making - Half or whole Day retreat: World religions are filled with spiritual imagery that contains the circle – the Hindu mandala represents the divine at the center of four gates offering entrance; Tibetan Buddhism has ritualized the mandala form and incorporated it into meditation on the universe; Christianity employs the sacred circle in rose windows, the Celtic cross, and the Labyrinth to name a few. This retreat is designed to dive into the various forms of centering circle mediation, through circular chants, walking or labyrinth meditations and mandala making. The Mandala making can take many forms - the images above represent a few of the possibilities - This retreat can be designed for adult or mixed age groups. *All materials supplies*