

# ***STRESSED? FEELING DISCONNECTED?***

**free**

***Come and reconnect with your body, mind and spirit.***



***Mandala, "magic circle" in Sanskrit, has been used since ancient times to invoke the spirit of healing.***

- ***Produce a colourful Ritual Mandala within a meditative setting.***
- ***7- 8 sessions.***
- ***Small group.***
- ***Email [Michelle.Daoust@viu.ca](mailto:Michelle.Daoust@viu.ca) for info and registration.***

***Presented by  
The VIU  
Counselling  
Department  
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The Mandala

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