

Mystical Mandala Painting Workshop

Hosted by Marsha 'Roo' Donner and Jen Metta Smith

Friday, September 22nd – Sunday, September 24th



The creation of a mandala is an opportunity to connect with and express the essence of your mystical heart. You will learn to design your own mandala (without using a map), and will be supported in filling it with symbols that are meaningful to you. Movement, poetry and inquiry will support us in lovingly expressing what wants to come through us in our paintings.



Investment: \$150, with a \$50 deposit . All materials provided.
The workshop will be held at the Hummingbird Studio at 4 mile, near Nelson, BC.
We would love for you to join us in this powerful experience.
No painting or other artistic experience required.

To register, call Jen Metta Smith at 250.551.6737 or email jenmettasmith@gmail.com