

At the Center:

The Wisdom of Mandalas and Labyrinths

Sponsored by Neshama Soulworks Studio and Living Labyrinths for Peace, Inc.

Discover yourself by experiencing the wisdom of mandalas and labyrinths in this inspirational workshop.

Mandala is a Sanskrit word for “sacred circle.” All cultures use mandalas—circular images—to convey the universal concepts that life is a cycle, all things are one, and the universe within and the universe without are reflections of each other.

Labyrinths are a kind of mandala. Unlike mazes with many confusing paths, labyrinths have one path to the center and back. Many people find that the single meandering path slows the breathing, focuses the mind, and induces a peaceful state of being.

You will begin your journey with a guided meditation to find your personal symbol. Then, from a selection of materials, you will create your own mandala. To support this experience of the mandala process, you will have an opportunity to walk an interactive labyrinth of lights for intentions that can transform you and the world.

Where: Living Labyrinths for Peace Center
57 N Street NW, Washington, DC 20001

When: Sunday, April 6, 2008, 1–4pm

Cost: \$45.00

To Register: Complete the form below and return with payment by March 30, 2008

For information and directions, call Sandra Wasko-Flood at 703-217-6706 or visit www.labyrinthsforpeace.org.

Guides:

Jennifer Judelsohn, LCSW (Neshama Soulworks Studio; www.soulworksstudio.com), is an artist, psychotherapist, educator, and soulworker and author of *Songs of Creation: Meditations on the Sacred Hebrew Alphabet*. She has been drawing luminous mandalas—radiant drawings in the form of a circle—since 1993. She is an internationally acclaimed facilitator of workshops on spiritual practice and manifesting intentions through creativity as a sacred process.

Sandra Wasko-Flood (President, Living Labyrinths for Peace, Inc.) is a visionary artist, teacher, and labyrinth builder. After an inspirational experience at the Great Kiva Indian ceremonial center in Chaco Canyon, New Mexico, in 1991, she was led to create Dance of the Labyrinth, an interactive installation of computer programmed light boxes designed to be walked. Through local grants, Wasko-Flood has developed programs in area schools where children paint labyrinths, walk them, and make wishes for peace. As a founding member of The Labyrinth Society, in 1998, she directed its first project two years later: a labyrinth walking demonstration for inner peace on the east lawn of the U. S. Capitol. This event prompted the establishment of LLP, whose mission is to create labyrinths of art, science, technology, and nature for learning programs that lead the way from inner peace to world peace.

Registration Form

Name _____

Address _____

City/State/Zip _____

Phone _____ E-mail _____

If paying by credit card (MasterCard, Visa, American Express):

Credit card number _____ Exp. Date _____

Signature _____ Security code on card _____

Please complete this form and send with check (payable to **Neshama Soulworks Studio**) or credit card information to P.O. Box 2716, Merrifield, VA 22116-2716. *Space is limited; register today!* The deadline for registration is March 30, 2008.