



Mandala Mornings

Saturdays, 9 am - noon at 2619 E. Glacier Dr., Green Bay

Fee: \$50 includes art kit with seven prisma-color pencils, gel pen, black paper, pencil case and portfolio plus handouts

(Save \$10 if you've attended class before and bring your art kit)



Mandala means "sacred circle" in Sanskrit. It is an active form of meditation that quiets the mind to access your inner wisdom. Experience a guided meditation to receive a healing symbol/insight based on your intention. Create a mandala on black paper and connect to the message it holds. **NO ARTISTIC EXPERIENCE REQUIRED.** To register for class visit: www.treeoflifewithin.com



February 27

Messages from Your Angels

Facilitated by:
Deanna Stich

Be inspired by messages from your angels. Angels have a long and varied history. They are seen as watchers, guides and ancestors. Connect with their message for you.



May 7

Water and Crystal Healing

Facilitated by:
Deanna Stich

This class combines the energy of crystals with the power of water to help you infuse your drinking water with positive thoughts and affirmations.



July 16

Favors from the Fairy Realm

Facilitated by:
Jean Wentz

Whimsical and mischievous, the fairy folk are always willing to grant favors to humans...if you ask and believe. Ask the fairies for advice on your heart's desire, let it flow through your mandala, and believe it will be so.



April 23

Healing Power of Plants

Facilitated by:
Jean Wentz

Tap into the powerful healing energies of plants to assist and support you on your life's journey. Learn which plant's medicine can help you in your current situation.



June 25

The Flower of Life Within

Facilitated by:
Laural Virtues Wauters

The Flower of Life holds the essence of our soul. Learn how sacred geometry is held and revealed within you. Summer is a time to open your soul to a new reality, just as the flowers are opening around you. Fresh flowers, flower essences and a Mandala Chakra chart on sacred geometry will guide you to receive a healing symbol/insight based on your intention.



August 20

Wisdom from Animal Guides

Facilitated by:
Deanna Stich

Have you ever wondered why certain animals appear to you at certain times, or have you had dreams about animals? Animals have important messages (or medicine, in Native American terms) for us. What animal is trying to get its message/medicine to you? Be inspired by the wisdom of animal guides.



October 22
**The Wisdom of
 Our Ancestors**
 Facilitated by:
 Jean Wentz

Our ancestors work to guide us, communicating through dreams and synchronicities. During a special ancestor ceremony you will journey to connect with them.



November 5
**Messages in
 Your Dreams**
 Facilitated by:
 Deanna Stich

Our dreams hold great insights for us if we take the time to allow them to unfold. Learn about dreaming and how to connect to your dreams as a way to guide you in your life.



December 17
**Winter,
 Inner Light**
 Facilitated by:
 Laural Wauters

Connect with the Winter Solstice by going within. The Winter Solstice marks a time of rebirth as we tap into our inner resources to move forward. Each person will experience a candle for meditation. This process of gazing into a candle will help reveal a vision for your mandala.

Awaken Within—Three Day

Mandala Chakra Retreat

Friday, March 11 - 9:00pm - 5:30pm
 Saturday, March 12 - 9:00am - 5:30pm
 Sunday, March 13 - 9:00am - 3:00 pm



Facilitated by: Laural Virtues Wauters

Experience this signature retreat based on the ground breaking book *Mandala Chakra* and its accompanying deck of cards. Learn about your chakras (seven energy centers within your body) from seven different perceptual states. Journey to the sound of shamanic drumming through each of your chakras to receive a healing insight. You will create a total of seven mandalas that will provide deep insights into your soul. Chakra stones, breath and intention along with essential oils will help create connection.

Includes: *Mandala Chakra - Awaken Within* book and deck of cards with velvet pouch and a set of chakra stones. Along with a mandala kit consisting of: prismacolor pencils, black paper, gel pens, pencil case and portfolio case. Plus lunch on Friday, Saturday and Sunday.

A \$50.00 deposit is required to hold your spot. Total Fee: \$250.00 .

For more information , visit:
treeoflifewithin.com

~ 2016 ~
**Mandala
 Classes**



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