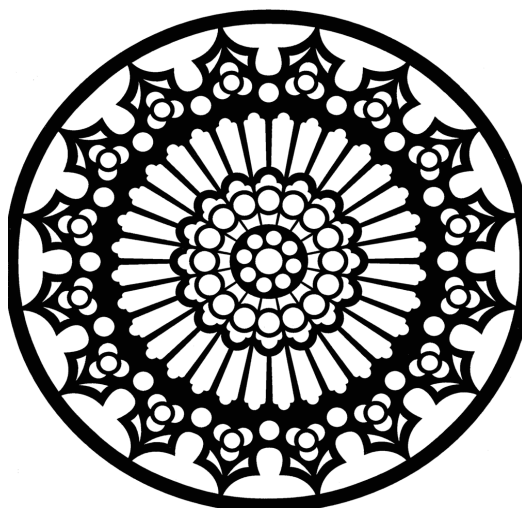


# The Art of Creating Mandalas...

Learn how the sacred circle promotes change, calm & creativity.

Sunday, July 10<sup>th</sup> 1 - 4pm \$20 adv. \$25 at the door.

The word "mandala" comes from the Indian language of Sanskrit and simply means "circle." Used around the world to promote meditation, healing and self-exploration, some form of the mandala have been used throughout time. In this workshop, art experience is not necessary! Supplies are provided including colored pencils, crayons, paper, and collage materials.



~MANDALA~



**Ms. Van Zandt** has worked in healthcare for over 25 years and is currently a Marriage and Family Therapist and art therapy intern in private practice in West LA. She has completed her 3000 hours of clinical training and recently passed her first of two MFT exams.

Victoria works with adults as well as children and teens and specializes in helping individuals and families navigate the maze of living with a chronic health conditions. Whether she is working with adults or children, Victoria weaves the art of creative self-expression into her work with clients to help them more easily connect to feelings, develop a healthy sense of self and build on the inner strengths they already possess. *We are all here to develop one of the most important marriages there is and that is the relationship we have with ourselves.*

Victoria lives in West Los Angeles with her two rescue dogs, Angel and Autumn. For more information about her work, please check out her blog at [www.art2heal.blogspot.com](http://www.art2heal.blogspot.com).

**Call 310.559.7200 to Reserve your Space!**

