



**This workshop is a unique combination of music for meditation and creative ART therapy, which results in creation of a giant kolam mandala.**

Use your intuition to lead you in creation of your mandala, carry on in focus on your intention. Allow the way you create your mandala go further and perceive the connection with your life.

### **ART therapy – creating of a “kolam” mandala - Paulina Evans**

The word mandala means a sacred “circle” and it’s based on word “mandra”, which means “container of essence”. The art of mandala is also used in meditation and for support of one’s spiritual growth. A circle of mandala supposedly represents the wholeness, health, connection, unity, harmony and the life cycle. Creating your own mandala can be a healing experience.

- Resetting of subliminal programs
- Focussing on creative and intuitive thoughts
- Seing the real interconnection between people
- ART therapy as an amazing moving tool for your mind in a state of flow

### **Concert for meditation - Zdeněk Hladík**

The foundation of concert for meditation is Sitar. Its sound is strengthened by other instruments such as hang drum, fujara and other. In this concert are being used rules of Indian ragas. Raga, literally colouring, tingeing or sometimes translated as “it, that has the ability to colour the mind” and it can easily take your mind from the compulsive thoughts and activate the state of relaxation. Each raga is an array of melodic structures, which have been continuously developing over thousands of years.

- Supports free “turn-off” of your thoughts
- Sound as a natural medium of the vibration
- Easy transfer to the state of meditation
- Harmonisation of your cell states

**Together, create a kolam mandala after the ideals of tibetan monks and keep the focus on creative connection with your subconscious mind.**