

The Moving Mandala

June 21 to June 24, 2012

Thursday evening to Sunday evening



The Moving Mandala is a profound and powerful community building tool for people ready to transform together. The moving mandala reinforces personal and spiritual practice through raising your vibration and accompanies you to a new level of awareness. In its simplest form, the mandala may be symbolized as a circle with a centre point.

Within the Moving Mandala, you will receive seven initiations or energy transmissions, each corresponding to the chakras and their elements. This program is experiential with focus on opening to Spirit through the expression of shamanic journeying, sound, colour, movement and the arts. The roots of this practice are ancient and universal and can be applied in a contemporary setting.

During this four day intensive workshop, you will funnel through a rainbow of color within a 12 point mandala:

- Root/Earth = red
- Sacral/Water = blue
- Solar Plexus/Fire = yellow
- Heart/Air = green
- Throat/Sound/Space = turquoise blue
- Third Eye/Light = indigo
- Crown/Divine Mind = purple

On the final day of dance, drum and sounding we will celebrate from the archetypal realm, in the energetic, that is perceived as gold.

These gifts of dance, drum and sounding will be your personal tools that may be called upon to amplify all transmissions you receive during this workshop. They will accompany you at any time or place where individual or group healing is desired and to re-establish wholeness within your community. We hope you will join us in discovering oneness and maintaining connection with the sacred in all things.

To register or to learn more about the facilitators, Nancy Sherwood and Brenda Marita, please visit: <http://www.travellersjoy.ca/mandala.html> or email: sherwoodne@bellaliant.net or phone: 613-674-2189

Workshop Fee. \$475 paid in full by April 30 • \$525 paid in full after May 1 • Vegetarian meals included.

Accommodations. Camping on-site recommended, to be closer to the Earth. Indoor sleeping arrangements also available.

Location. A beautiful country setting near St Eugene (halfway between Ottawa and Montreal).

Cancellation Policy. If you cancel before June 7, refund minus \$100. • If you cancel after June 7, no refund, unless you can find a replacement.