

# Chakra Mandala Workshop

with Mavis Gewant

*In this course you will learn:*

- An overview of the 7 basic chakras
- How to make a mandala using the Vedic Square
- The role of planets, elements and chakras
- The role of colors of planets and chakras
- Recitation of Chakra Bij Mantras

April 23 - 24, 2011  
Saturday & Sunday  
10:00 AM - 5:00 PM

Tuition \$175



Sacred Art cultivates inner silence and attunes one with the energy and essence of the divine. This experiential workshop will introduce participants to the imagery of the chakras (psychic energy centers). These subtle centers of transformation will be experienced through visualization and painting.

Mandalas are sacred circular energy patterns reflected from one's inner nature. By utilizing the Vedic Square, an ancient number grid, one can create an infinite number of shapes and patterns to form beautiful mandalas. Working with specific colors and mantras, this meditative painting practice will connect you to the deeper energies of the planets and chakras, resulting in greater harmony and peace.

Mavis Gewant studied the ancient techniques of yantra and silk deity painting with Tantric Master Shri Harish Johari, serving as his personal assistant for over twenty years. He requested her to teach this knowledge. Mavis is one of the few persons in the United States with over two decades training in this sacred art and a devotion to teaching. Her practice consists of painting yantras and deities and helping others through this transformational art form. Visit her website: [sacredmotherarts.com](http://sacredmotherarts.com)



*Ananda Ashram*  
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Ananda Ashram is a country Yoga retreat providing simple guest accommodations, vegetarian meals, daily meditation, scripture studies, readings, Sanskrit and Hatha Yoga, plus East-West music, dance and more. Located on 85 wooded acres in the foothills of the Catskill Mountains one hour from NYC, easily accessible by car, bus, or train. For more information, visit: [www.anandaashram.org](http://www.anandaashram.org)