MANDALA MINDFULNESS

FACILITATED by FRANK MAIORANA

ART WORKSHOP
CORPORATE PACKAGES

45 MIN & 1 HOUR SESSIONS AVAILABLE

UP TO 25 STAFF MEMBERS PER SESSION

45 MIN SESSION: $290 **1 HOUR SESSION:** $320

2 X 45 MIN SESSIONS (1.5HRS): $390 **3 X 45 MIN SESSIONS (2.15HRS):** $490

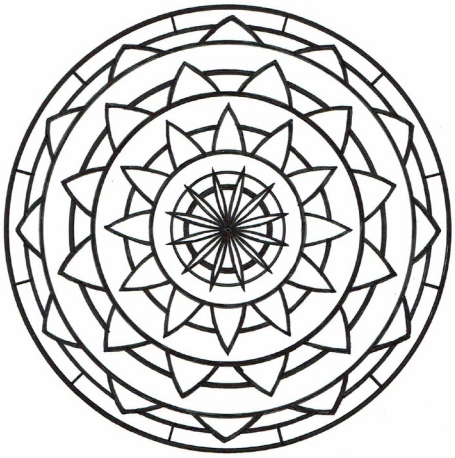
WANT TO INVEST IN THE WELLBEING OF YOUR STAFF?

Try a Mandala art workshop, a fun and easy way to quite the mind and soothe the soul

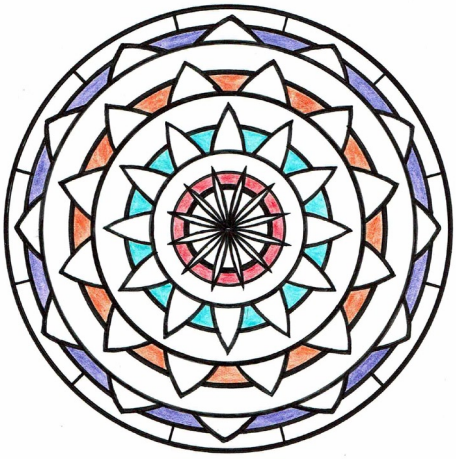
ALL THAT IS REQUIRED IS A MEETING/BOARDROOM OR QUITE SPACE IN YOUR OFFICE, ALL ART MATERIAL SUPPLIED ALONG WITH MUSIC.

A regular meditation practice helps you find harmony and wholeness, reduce stress, combat depression and linked to a whole host of other heath benefits. Keeping ones balance can be a delicate juggling act, Frank's art workshops are an easily accessible entry to meditation for anyone in our modern world. The repetitive nature of creating a Mandala helps take the mind off mundane thoughts and the chitty chatty constraints of the analytical mind. Therapy through Mandala art is hypnotic journey into spirituality helping align body mind and spirit.

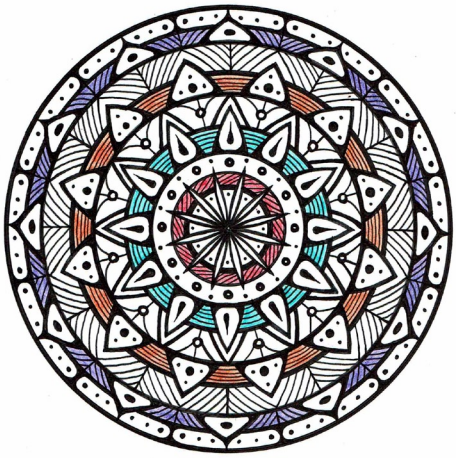
The workshop begins with a brief chat about mandalas, meditation and mindfulness, followed by a demonstration, in which we discuss shapes, line and colours. The class is then guided to create their very own mandalas, starting with the mandala wire frame supplied. From there the class is free to create their unique and personal Mandala in a safe friendly environment.



WE START WITH A MANDALA WIRE FRAME SUPPLIED



PERHAPS ADD SOME COLOUR? USE AS MUCH OR AS LITTLE COLOUR YOU LIKE AS YOU, SEE WHAT SHAPE EMERGE FOR YOU?



INK WORK? USE THE FINE LINERS TO TRULY MAKE YOUR OWN PERSONAL MANDALA, ADD SHAPES, LINES, SQUIGGLES AND PATTERNS.

MANDALA MINDFULNESS

HEALTH BENEFITS

Studies show that just 8 weeks of regular meditation Physically changes your brain, increasing brain activity in three beneficial places:

1 • **Left hippocampus** Increases learning ability, memory, ability to retain information

2 • **Posterior cingulate cortex** Improves ability to control how your mind wonders

3 • **Temporo parietal junction** Increases empathy compassion

• **Decrease** in cell volume in the **AMYGDALA,** responsible for fear anxiety, stress and depression

INCREASES
- Positivity
- Compassion
- Control of your emotions
- Immune Function
- Ability to focus

DECREASES
- Pain
- Anxiety
- Stress
- Loneliness
- Depression
- Fear

CAN ANYONE MEDITATE?

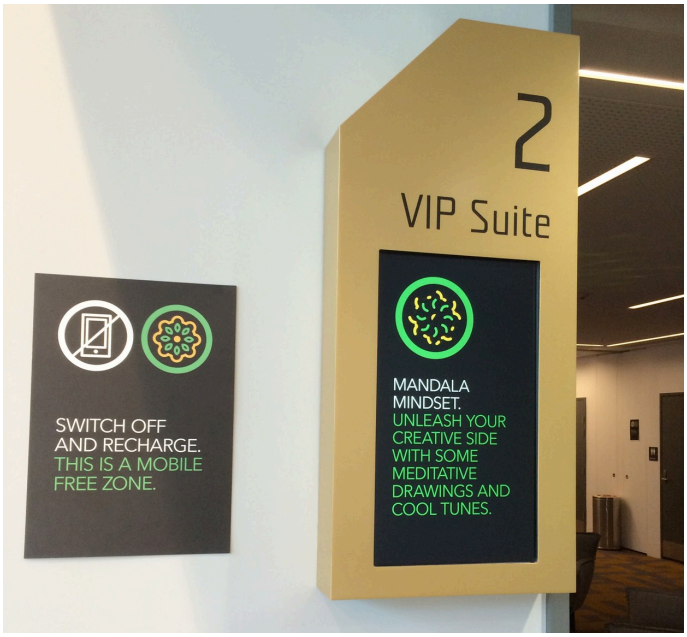
There's a lot of mysticism about meditation, people often relate it to a monk sitting in the lotus position on top of a sacred Mountain. In layman's terms mediation is **any activity that brings you to the present moment...**

WHAT BRINGS YOU TO THE PRESENT MOMENT?

WAYS YOU CAN MEDITATE

A walk in the park, Yoga, Drawing, gardening, running, walking, reading, painting, writing, dancing, cooking, crocheting, knitting, bike riding, listening to music, playing a musical instrument, being in nature, exercise.... and many more.

MANDALA MINDFULNESS

ART WORKSHOP GALLERY

HERE ARE SOME PHOTOS OF MY LATEST CORPORATE WORKSHOP FOR THE STAFF AND CLIENTS OF THE MELBOURNE EXHIBITION CENTRE.