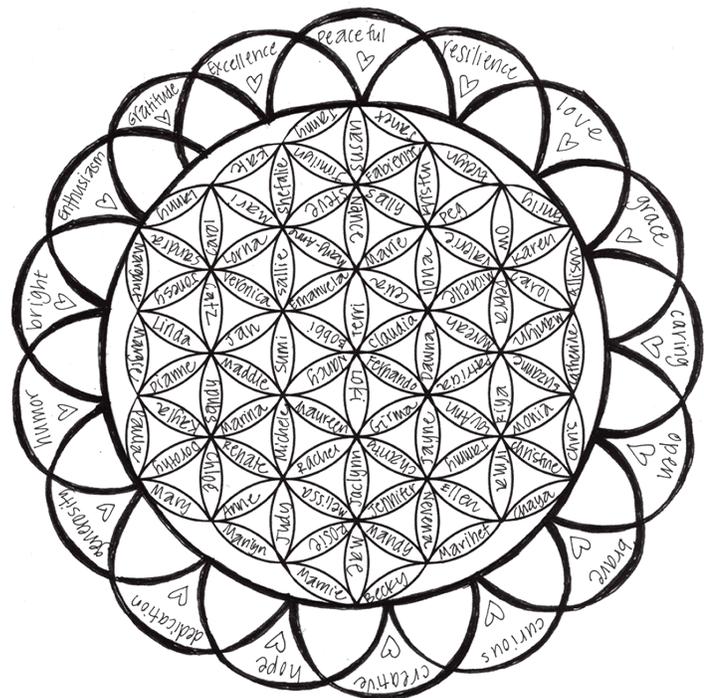


Gratitude Mandalas

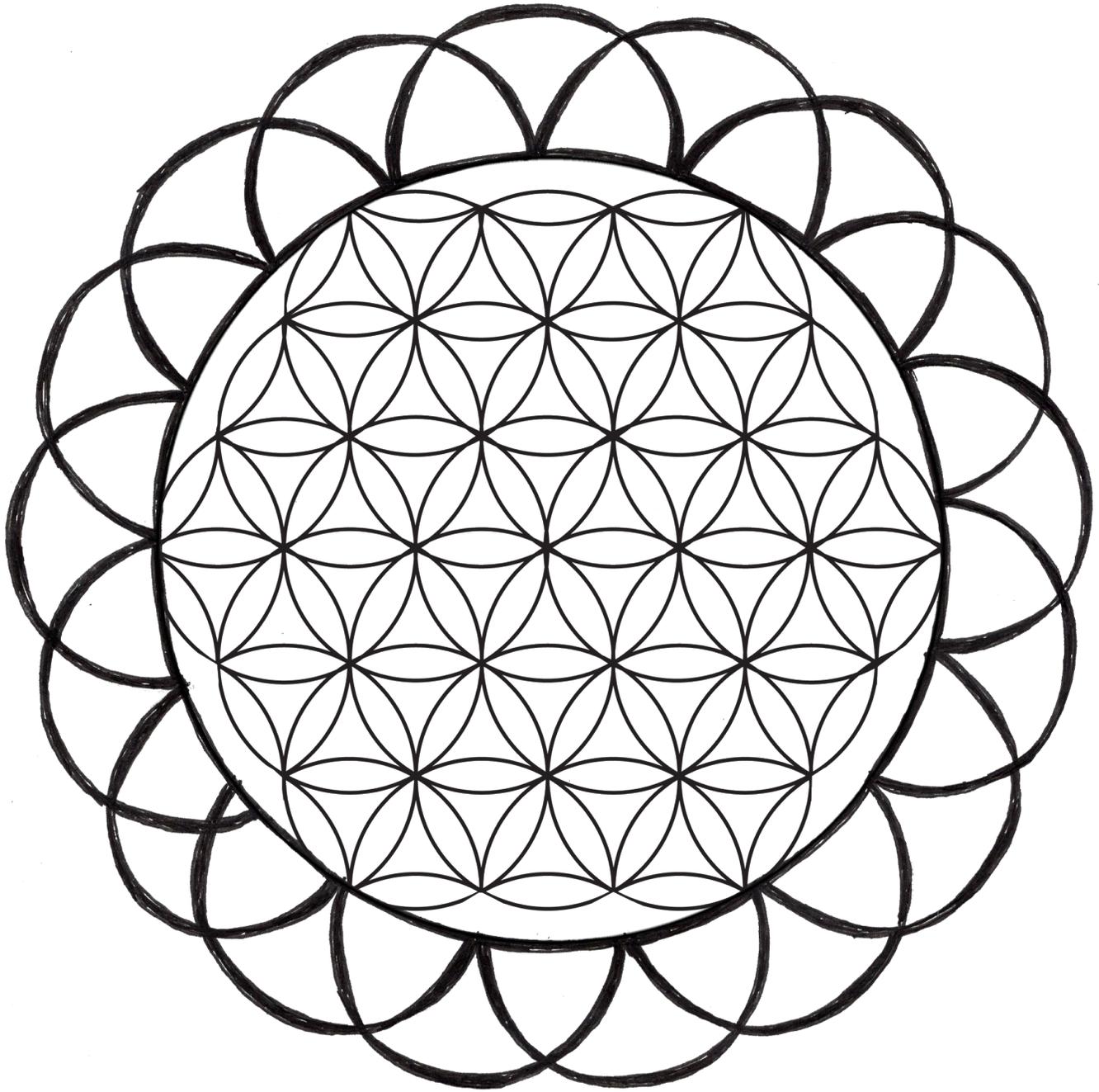
One of my favorite practices is to combine my love for words and journal writing with mandalas. Each year during the holidays, I pull out a Flower of Life mandala and fill the shapes with words of appreciation. This year I designed a new mandala that starts with the Flower of Life in the center and surrounded it with a border of interlocking semi-circles.

In the center petals, I wrote down the names of the many people who I'm connected to including family, friends, colleagues, and members of my mandala community. You may include names of your mentors, teachers, authors, and artists who inspire you.



Along the outer edge, record words to describe the qualities that you admire and appreciate.

As you fill in the mandala, consider the many ways that you are connected.



Imagine beginning the new year with a weekend focused entirely on you, creating mandala art, reflecting on where you're at in life, connecting with your body through gentle movement and nourishing food – and all of this set in a gorgeous natural setting.



Join Kathryn Costa on New Year's Eve weekend at Kripalu Center for Yoga & Health in the breathtaking Berkshire mountains in Massachusetts. Mandala is a Sanskrit word that loosely translates to mean "circle" or "center." Creating mandala art is a powerful practice that fosters self expression, balance, and well-being.

Creating Mandalas for an Inspired Year

December 29, 2017–January 1, 2018

Friday–Monday: 3 nights

In this program, you'll:

Learn techniques for constructing a variety of mandala styles based on sacred geometry, labyrinths, and nature.

Honor 2017 reflecting on the joys, challenges, and a-ha moments from the year.

Explore what you want to say "yes" to and set intentions for 2018.

Nourish your body, mind, and spirit.

Create beautiful mandala art that is as unique as you.

Start your year feeling centered and connected to yourself and your purpose.

Return home with completed artwork and practical tips for continuing your mandala practice long after this retreat.

For everyone, no art experience required.

Art supplies included.

Learn more at
www.100mandalas.com/kripalu

Kathryn Costa is the author of "The Mandala Guidebook: How to Draw, Paint, and Color Expressive Mandala Art" and the host of the 100 Mandalas Challenge. Kathryn has taught thousands of people how to draw mandalas from her book, workshops, and popular YouTube channel. Learn more at **www.100mandalas.com**

