

Mandala Making Workshop

Artist/Author/Art Educator

Patrizia Viselli



The mandala utilized as a learning tool helps students of all ages to absorb and recall information in a calm and creative manner.

- **To concentrate:** This method allows them to focus because everything is contained in a circle.
- **To study and remember:** Students have an excellent opportunity to recall information because they are constantly looking at their unique mandala while embellishing it.
- **To transform negative feelings concerning a specific subject:** This approach gradually changes the students' perception of a dreaded subject and makes it enjoyable, especially for visual learners and pupils with learning difficulties. Combining art with another subject reduces one's anxiety and increases his/her receptivity.
- **Gain self-confidence:** Students learn to trust themselves as they create and study, for they confront barriers and thus realize they can succeed.

Location: my art making studio (small group of 3 students per workshop)

Weekdays: 5 hours, 9am to 3pm (bring your lunch 12-1 + am/pm breaks)

90\$/person: includes *The Mandala Way* book, MVA chart, and supplies

Register: info@patriziaviselli.ca or call 514-251-9137

Coming Soon: Art in the Summer Workshops

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