



## *Creating Mandala's for Insight*

*Tuesday June 9th,  
2009*

*6:30 – 8:00pm*

Join psychotherapist, Megan Gunnell, LMSW, MT-BC in creating Mandala's for personal insight, stress relief and fun! All supplies will be provided. Mandala's provide an outlet for self-expression. (No experience necessary)

Mandala's have been used for centuries as a form of meditation, as an outlet for expression or as a tool for better understanding ourselves. Carl Jung called the Mandala "a representation of the unconscious self." Come and discover your creative side in this fun and engaging workshop!

Limited Seating – pre-registration required

*Where: Center for Creative Living, Inc.  
2011 Crooks Road, Royal Oak,  
48073*

*See [www.megangunnell.com](http://www.megangunnell.com) for  
more information*

*Cost: \$18 Registration Fee*

*\*\*\*Call 248-414-4050 to register\*\*\**