

**Life Path Series:  
Mindfulness with Mudras, Mantras & Mandalas**  
with Melody Jenkins  
4 Thursdays, Feb. 1-22, 5-7p  
Cost: \$200

This meditative and creative workshop will take you on a journey to explore mindfulness techniques and discover how to be present in all moments!

Being mindful can help us with all areas of our health (physical, spiritual, emotional, mental and intellectual). Mindfulness reduces worry, anxiety and busy-mindedness, and helps to awaken humility and compassion. Mindfulness also helps us develop our intuition and hear the Voice of the Divine Universe more clearly. When we can clearly hear the Voice of the Divine Universe, we walk our Life Path with confidence and gratitude.

Each week we will:

Create a Mandala (Coloring, yarn, stones, paint, sand)

Chant Mantras

Hold Mudras

Practice Mindfulness using the combination of the Mandala, Mantra and Mudra  
Be assigned 2 Mindfulness practices to do during the upcoming week.

This is an intimate workshop, with only 6 participants plus the instructor. Sign up today!

To register, call 614-486-8323 or click register online.



The Reiki Center  
1540 West Fifth Avenue,  
Columbus, Ohio 43212  
(614) 486-8323  
[www.thereikicenter.net](http://www.thereikicenter.net)  
email: office @thereikicenter.net