

# *“Igniting Your Heart’s Wisdom”*



*An Introduction to  
“The Mandala Process”  
A One-Day Experiential Workshop*



*“Mandala Means Sacred Circle”*

**Join us at: *The Samve Yoga Centre (Bankers Hill)***

**With *Sharon Murnane, RN, HNB-BC, CHTP***

**Certified Mandala Process Facilitator**

**Sunday, October 11, 2009 , 9:00 AM – 4:00 PM**

♥ *A day for heart, spirit, ceremony and connection* ♥

*Results you can expect:*

- Gift yourself your heart’s wisdom messages*
- Connect through sound , ceremony & creative art form*
- Access your authentic self in the safe container of ...  
“The Mandala Process”*

**Please Contact: Kelly Sullivan for registration and details**

**(858) 495-2448 [www.samve.com](http://www.samve.com)**

**15% discount for early registration: \$98, after September 25<sup>th</sup> \$120  
(plus \$25 materials fee) (cash, check or credit card accepted)  
~BYO light lunch—snacks and beverages provided~**

**Please Note: Important “first step” introductory workshop for other mandala  
workshops in the months to come for expanding & deepening the experience.**

**[www.mandalaheartwisdom.com](http://www.mandalaheartwisdom.com)**

