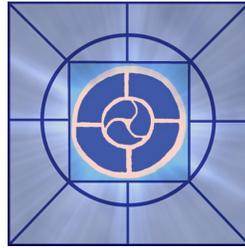




Mandala



Musings



Lori Coon
Executive Director

Greetings from the Director -

One thing I have appreciated in life are times of silence. It is a doorway to my creative voice, my personal healing, and my connection to the Divine. Some of my most memorable times in churches, in forests, and in retreat are times I have sat undisturbed in silence.

I am aware of how many guests come here from different faiths and backgrounds to partake of stillness and silent time in a variety of ways. Sitting alone in silence with oneself can be a powerful time of insight, understanding, healing, and growth. It can also churn up emotions, memories, thoughts, and unreleased pain within us, causing initial unrest, which may be why we avoid experiencing it. It can be difficult and scary at times, but persistence and patience in this area can produce worthwhile outcomes. It is both a test of courage and a wondrous gift of love we can give ourselves. In the end, we often have so much more of ourselves to give back to others.

I was thinking about silence the other day and how much this land and this Center lend themselves to explore this wondrous kind of experience. I know that sitting in silence is not always silent—part of the experience is just “being” with our inner thoughts and allowing them to move through us..observing...accepting...releasing...not judging. Part of the experience is allowing ourselves to take in the present moment—the roar of the wind, the buzz of a bee, the jolt of thunder, the singing of birds, the sound of our breath. Part of the experience is listening within to the small still voice and the sacred guidance that is always there when we grow still enough to pay attention.

Henry David Thoreau spoke of this experience: *“Sometimes, in a summer morning, having taken my accustomed bath, I sat in my sunny doorway from sunrise till noon, rapt in a reverie, amidst the pines and hickories and sumachs, in undisturbed solitude and stillness, while the birds sang around. I grew in those seasons like corn in the night, and they were far better than any work of the hands would have been. They were not time subtracted from my life, but so much over and above my usual allowance.”*

May you have times of silence and stillness that comfort and bless.

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To live in the present moment is a miracle...

Peace is all around us in the world and in nature and within us. Once we learn to touch this peace, we will be healed and transformed.

It is not a matter of faith; it is a matter of practice.

Thich Nhat Hanh



DOES YOUR GROUP or ORGANIZATION NEED A PLACE TO MEET & RETREAT??

The Mandala Center offers a unique destination for organizations and groups looking for a comfortable and peaceful setting to gather. Our hospitality and personalized attention can complement your programming and make your event a success. Please call us to discuss your needs! 575-278-3002

OUR 2012 WORKSHOP SCHEDULE

There is no place else like The Mandala Center. Our setting and customized service provides a peaceful, supportive, and creative space for all of our workshops and retreats. You will find these workshops to be intimate, educational, personal, and, inspiring. These passionate and talented people have lined up and teamed up with TMC to offer you amazing workshop retreat experiences. Read more about them and their work on our website.

PRICES LISTED INCLUDE WORKSHOP FEE, SHARED LODGING, and MEALS.
Check for private room availability and pricing.

Please call or visit our website for full details and price information or to register. !!

575-278-3002

www.mandalacenter.org



The BlackMadonna w/Mary Saracino July 12th-15th Come and explore the Divine Feminine as the Black Madonna— Who is she and what does she represent? Watch a slideshow, create some art, participate in a healing ritual labyrinth walk, and learn from Mary, and co facilitator, Lori Coon, Director of The Mandala Center, as they celebrate the Black Madonna in our world today. \$465 early bird/ \$510 regular EXTENDED EARLY BIRD!!

Morning Mandalas: Expressing the Soul's Creativity w/Linda Wigger Kraft July 25th-29th



Linda is a VERY creative woman; sharing her process with many people over the years. She offers this insightful and inspiring workshop to everyone—beginners and experienced alike! You will learn a daily artistic and journaling practice that will enliven and bring clarity to your life. Group sharing, meditation, art, and journaling are woven together while you rest & renew in the beautiful setting of The Mandala Center. \$615 early bird/ \$660Reg

Svatha Yoga Immersion: Asana, Pranayama, Meditation, and Chant w/Monique Parker



August 8-12 Monique is an AMAZING yoga instructor and group leader. If you love yoga (or want to find out if you love it) you will NOT want to miss this retreat! The Mandala Center is the perfect place to rest & renew while your daily practices will include simple and effective asanas that can be adapted to ANY fitness level. You will also cultivate inner peace as you experience pranayama, chanting, and meditation. \$615 early bird/ \$660 regular

Transforming Deep Loss into Power, Meaning, and Peace w/Cheryl Eckl August 23rd-26th



Cheryl has walked the path of grief and loss. Her powerful personal passion to assist others in transforming their loss shines through in all she does and facilitates lasting awareness in participants of her programs. She offers heartfelt yet practical and effective information with great compassion as you learn to see death and loss of all kinds as a creative opportunity and discover a path to meaning and soulful presence. \$485 early bird/ \$545 regular

INTERESTED IN A WORKSHOP TOPIC? Go to our website to read more of the descriptions and BIOS of our presenters. They are all truly inspired and knowledgeable people in their fields.

DON'T MISS OUR EARLY BIRD PRICE SPECIALS - See Details online or call!! THERE IS STILL TIME TO SIGN UP FOR MANY OF THE EARLY BIRD DEALS!



OUR 2012 WORKSHOP SCHEDULE Continued...



Creating Balance in Times of Change w/JoAnne Dodgson September 20-23

Are you looking for a way to connect and celebrate this fall? JoAnne is a gentle soul familiar with the rhythms of the earth and our life cycles. She offers teachings from the Eastern Andes/Peruvian Shamanism to bring you a rejuvenating Fall Equinox Retreat that will honor any changes unfolding in your life. Create sacred space together and discover self-empowering tools for creating a heart-centered way of life. \$460 early bird/ \$520 regular

Your Untold Story: The Art of Spiritual Memoir w/Mark Matousek September 27-30



new to The Mandala Center but all we keep hearing from his students is what a great teacher he is! *“Knowledgeable, accessible, talented, compassionate, and present.”* *“The best writing class I ever took.”* And now he is coming from the east coast to our southwest corner and you don't want to miss him! This intensive is designed to introduce students of all levels – from non-writers to professional wordsmiths – to the art of spiritual memoir. \$545 early bird/ \$595 regular

Archetypes of the Masculine & Feminine with Gary Bobroff & KD Farris October 4-7



and KD are coming from California for the first time to offer an exciting and powerful exploration of these Jungian archetypes. Through this perspective we can see ancient, timeless patterns playing out in our lives and recognize that our path is connected to something larger than ourselves. This work builds upon pioneers of the archetypal frontier, including C. G. Jung, Toni Wolff, Robert L. Moore & Douglas Gillette, and Tad & Noreen Guzie— but makes room for personal insights and experiences. There will also be time allowed for rest and reflection.

CEU's are available for professionals. \$485 early bird/ \$545 regular



Autumn Reflection Retreat Weekend for Personal Rest and Relaxation Oct. 25-28

Relax and renew at TMC!! Enjoy great food prepared for you, sleep, hike, read, or come with your own hobby and nurture your own spirit. This weekend offers a special discount price for individuals or couples looking for some contemplative time to replenish themselves. Some optional activities will be offered to guests such as a group labyrinth walk, a healing art class, and/or movement meditation sessions. REALLY GREAT PRICE!! \$260 early bird/ \$300 regular

THREE (3) GROUP RETREAT RENTALS OPEN TO THE PUBLIC



It's Time to Tame that Monkey Mind!! - A Buddhist Meditation Retreat September 13-16, This four day silent retreat, being held at The Mandala Center, will focus on the skills of concentration and mindfulness. Open to beginners and experienced alike! This retreat is being led by Don Handrick, resident teacher at Thubten Norbu Ling Tibetan Buddhist Center in Santa Fe.

Visit their website or contact them by email to register. www.tnlsf.org info@tnlsf.org



Holotropic Breathwork Retreat July 18-22 & Womens' Retreat October 11-14th.

These retreats are being led by Debbie Haynie LPC, MA, CHT, a Psycho-spiritual Therapist out of Denver CO. These retreats will be held at The Mandala Center. Please contact Debbie directly for information and to register. 303-909-6844 Dkaynie@netscape.net

EXTENDED STAY DISCOUNTS

Come a day early or stay a day later when attending a workshop with an extended stay discount. (15% on extra nights) (Based on availability) See our website for details or give us a call!!!



THE MANDALA CENTER

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Des Moines, New Mexico 88418

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The Mandala Center

A retreat facility that offers rest and renewal for mind, spirit, and body through hospitality, programming and a peaceful setting.

The Center is a 501 (c) (3) not-for-profit organization and has a national Board of Directors.

Charitable contributions to the Center are tax-exempt as allowed by the Internal Revenue Code.

For information contact us

The Mandala Center
PO Box 158
Des Moines, NM 88418

575-278-3002

Information@mandalacenter.org



- **Facility Rentals**
- **Retreats**
- **Workshops**

THE MANDALA CENTER

A peaceful place to refresh the mind, renew the spirit, and heal the body.
Come visit and rest for a while! We look forward to seeing you!