Mandalas

A mandala (example on back) is a Sanskrit word meaning circle. Drawing and coloring mandalas in art therapy have several benefits, including:

- Stress reduction
- Balancing mind, body and spirit
- Expanding creativity
- Increasing self-awareness and expression
- Having fun!

We utilize mandalas at The Center to promote a state of well-being within our participants. Please enjoy this pre-drawn mandala at your leisure. Having pre-drawn designs or circles on hand ensures one has a tool to unwind and create anywhere, anytime. To learn more about our art therapy programs, please refer to our newsletter.