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333A Route 46 W, Fairfield NJ, # 255

973-575-4100

PRESENTS

Mindful Mandala with Leslie Sommers



Workshop- Open to all Levels

October 1, 2018 6:30- 9:00 pm

\$ 40.00 (materials included in price)

A Mandala (Sanskrit meaning circle) is a geometric symbol representing the universe. It is used in many cultures utilizing various shapes or geometric patterns , representing wholeness and can be used as an aid in meditation. It reminds us of our relationship to the Infinite and to the circles of life;

celestial (earth, sun, moon) and familiar (friends, family, community)

In this class, we will be using breath, meditation, and mindfulness as we create our own personal mandalas. Students are given a 12x12 black canvas on which to create your mandala and will be yours to keep. Paint pens will be provided for class use. All levels of skill (or lack of) are welcome as this is a personal journey. Come join us for a fun, creative, and meaningful evening.

(Bio on back)



Leslie Sommers

Leslie L. Sommers is the owner/operator of Inner Calm Reiki, LLC, located in Northern NJ. She is a Reiki Master/Teacher, Energy Healer, Empath, Intuitive, Artist & Writer, as well as a non-denominational Ordained Minister & Spiritualist. She offers Reiki for people & pets (in-person or distantly), Card Readings, Animal Readings, Auragraphs, Intuitive/Spiritual Coaching & personalized Guided Meditations. As a very young girl, she often felt and knew things that others were unaware of, and that she had an ability to make people feel better. Although she has been fortunate to enjoy many hats over the years, and likes having diverse skills, she would say that aside from her healing work one of her most rewarding roles was that of a mother. Her children being her greatest joy. She believes in a mind, body, spirit connection and that ultimately to truly heal, you must treat the whole person and not just parts of them. Reiki, being the wonderful modality it is, works on mind, body & spirit. It's intelligent in that it can do no harm, knows where it's needed to be most beneficial, and always works for an individual's highest good. Leslie loves connecting to the life force energy and teaching about it to others. Being an Empath & Intuitive for as long as she can remember, she has always been drawn to healing work and has since dedicated her life to it. When she's not working on clients or teaching, she can be found on her Facebook business page, where she writes & shares her inspiring & motivational posters and artwork. Leslie can be reached at: innercalmreiki@gmail.com

Leslie is a member in good standing with:

- International Association of Reiki Professionals**
- ICRT Reiki Membership Association**
- Universal Life Church Monastery**
- The Wellness Universe**
- MindBody Network**