

Creative Holistic Integration (CHI)

Mandala: Circles of Wholeness

Facilitator: Suchinta Abhayaratna

Materials you will need for mandala workshops.

Strathmore Artagain Drawing Paper Pad – Coal Black – 6” x 19” – 24 sheets
OR

Strathmore Artagain Drawing Paper Pad – Coal Black – 9” x 12” – 24 sheets

Prismacolor Pencils:

Violet, Copenhagen Blue, Aquamarine, Spring Green,
Canary Yellow, Orange, Magenta, White (2)

(Available at www.dickblick.com or art / craft supply stores in your area)

They can also be purchased from Suchinta

(less expensive than other sources as I buy in bulk and sell at cost.)

MISCELLANEOUS ITEMS

(Available at art / craft shops)

Pentel Sunburst Metallic Gel Pen (Medium): Silver (or similar product)

Good quality pencil sharpener

Ruler

Circle Stencils

Geometry Set with Ruler (optional)

BOOKS (Optional)

(Available through Amazon.com)

Mandala Healing Kit (Includes workbook, CD & stencils) – Judith Cornell.

Mandala: Luminous Symbols for Healing – Judith Cornell (10th Anniversary
Edition includes CD)

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