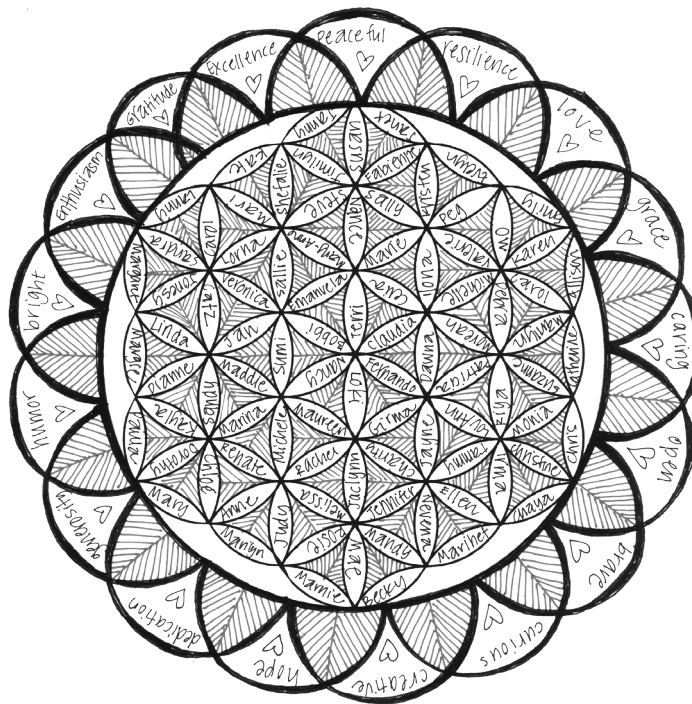


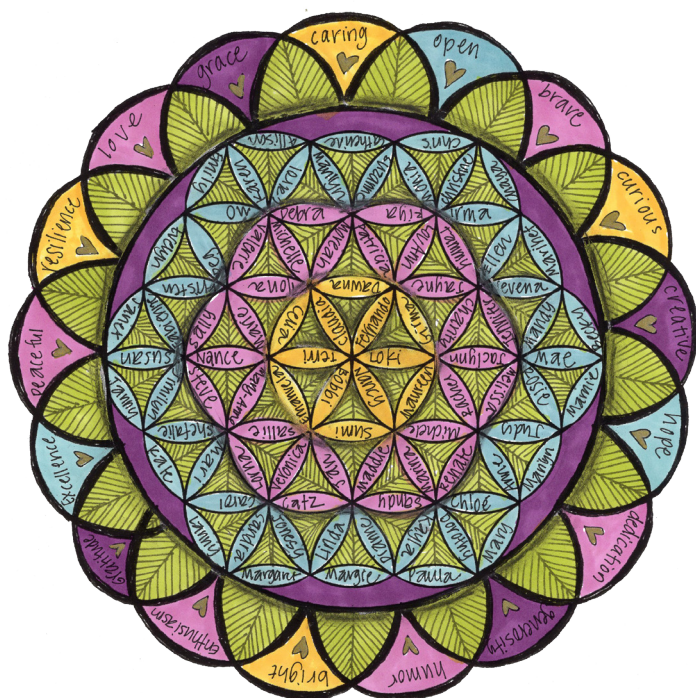


Fill some of the shapes with doodles and little drawings. Here I tucked in hearts under each virtue.

A leaf-like pattern was repeated throughout to add detail.



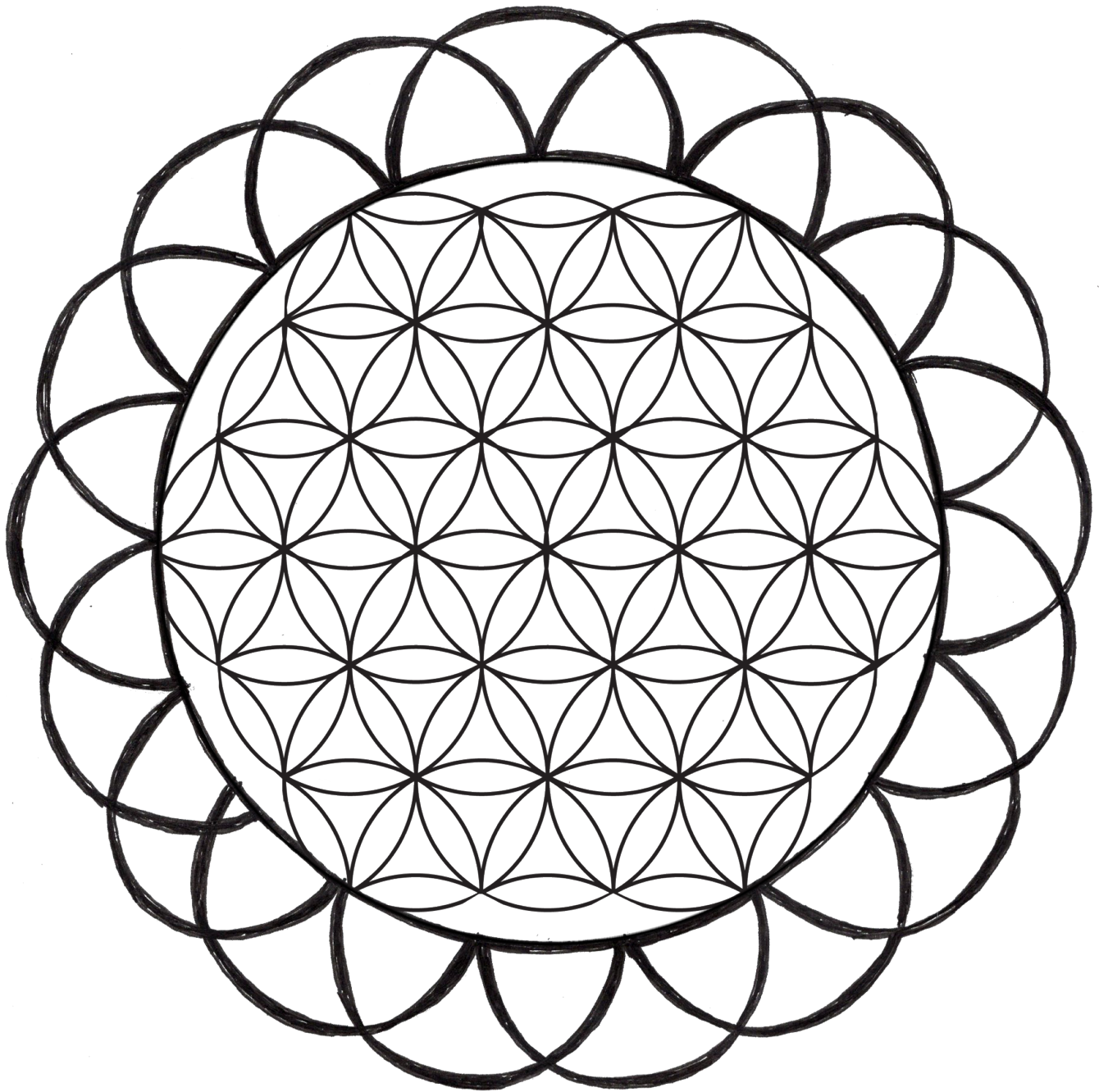
**Try This:** Print a copy and bring it to your holiday celebration. Invite guests to add their words of appreciation. Together you can create a group gratitude mandala.



Pull out your favorite coloring supplies and think about each person as you fill in the shapes with color.

May your heart be filled with joy as you color this gratitude mandala.

Brightest Blessings,  
Kathryn Costa



Imagine beginning the new year with a weekend focused entirely on you, creating mandala art, reflecting on where you're at in life, connecting with your body through gentle movement and nourishing food – and all of this set in a gorgeous natural setting.



Join Kathryn Costa on New Year's Eve weekend at Kripalu Center for Yoga & Health in the breathtaking Berkshire mountains in Massachusetts. Mandala is a Sanskrit word that loosely translates to mean "circle" or "center." Creating mandala art is a powerful practice that fosters self expression, balance, and well-being.

## Creating Mandalas for an Inspired Year

December 29, 2017–January 1, 2018

Friday–Monday: 3 nights

In this program, you'll:

Learn techniques for constructing a variety of mandala styles based on sacred geometry, labyrinths, and nature.

Honor 2017 reflecting on the joys, challenges, and a-ha moments from the year.

Explore what you want to say "yes" to and set intentions for 2018.

Nourish your body, mind, and spirit.

Create beautiful mandala art that is as unique as you.

Start your year feeling centered and connected to yourself and your purpose.

Return home with completed artwork and practical tips for continuing your mandala practice long after this retreat.

*For everyone, no art experience required.*

*Art supplies included.*

## Learn more at

[www.100mandalas.com/kripalu](http://www.100mandalas.com/kripalu)

**Kathryn Costa** is the author of "The Mandala Guidebook: How to Draw, Paint, and Color Expressive Mandala Art" and the host of the 100 Mandalas Challenge. Kathryn has taught thousands of people how to draw mandalas from her book, workshops, and popular YouTube channel. Learn more at [www.100mandalas.com](http://www.100mandalas.com)

