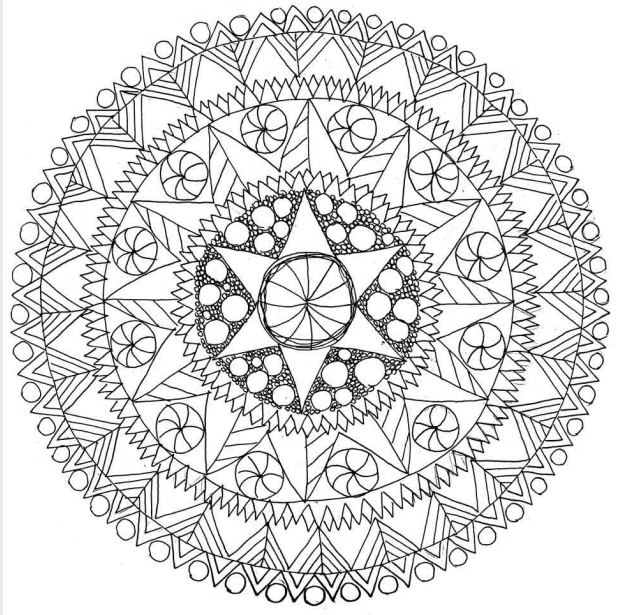


# Meditation and Mandala

Friday, December 8<sup>th</sup>  
10:00 am-11:00 am



**Mandala is the Sanskrit word for sacred circle.**

**Mandalas are used in many cultures for meditation and contemplation. Music and a quiet atmosphere will allow group members to relax and get centered as they fill in the outlines of paper Mandalas with colored markers.**

**All materials will be provided. The group will start with a brief guided meditation and then individuals will have an opportunity to color at their own pace.**

**Adult coloring has recently gained popularity to reduce stress and as a means of relaxation. please contact Vincent McCarthy at**

**[vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)**



This program is for Ages 60+  
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