



## Cambridge Senior Center (806 Mass. Ave.) Mindfulness Classes



# Meditation and Mandala

**Friday, January 9, 10:00 – 11:00 a.m. • In-person**

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.

For more information, please contact:

**Vincent McCarthy** at **617-349-6220** or **[vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)**.



**This program is for ages 60 years and older.**

Cambridge Senior Center

806 Massachusetts Avenue, Cambridge, MA 02139

[www.cambridgema.gov/CouncilOnAging](http://www.cambridgema.gov/CouncilOnAging) • 617-349-6220