

MANDALA ART WORKSHOP

SAKSHI SHAH



INSTRUCTOR INFORMATION :

Sakshi is currently a student and an inspiring artist. For her, art is not only a hobby but a passion which allows her to express herself and helps to define who she is. She has been doing art for the past 17 years.

Sakshi believes art is a great way to convey the multitude of emotions a person has; it's a positive activity that stimulates all the senses and brings out the best in a person. She wants to show how art can help someone, as it can be a great therapy technique and helps balance one's emotional health. Sakshi is excited and honored to share her art skills and spread the joy art brings through her class!

Class material requirements:

Paper, paint, pencil, pen

AGE ELIGIBILITY: 15 YEARS AND ABOVE

AGE GROUP

15+ YEARS



WEEK 1 & 2

TEACHING BASIC MANDALA SHAPES AND DESIGNS,
MANDALA ART AS A WAY OF THERAPY AND MEDITATION
AND ITS ADVANTAGES AND IMPORTANCE