



YANTRAS TOOLS FOR TRANSFORMATION & HEALING

AN EXPERIENTIAL SACRED ART WORKSHOP



with MAVIS GEWANT
Saturday & Sunday
June 14 & 15, 2008
10 am - 5 pm
Tuition \$175

Yantras, sacred geometric patterns, have been used for ages by Vedic astrologers to help balance, give strength and calm the energies of the karmic cycles represented in our Jyotish (Vedic astrological chart).

Workshop participants will receive a personalized yantra prescription based on their own birth chart. We will construct and paint our yantra, chant its mantra and learn meditation and sadhana techniques to use these powerful images as tools for transformation, protection and healing in our life.

No art experience necessary.

Class focus will be on inner process in an atmosphere of concentration, devotion and introspection.

Saturday morning session is required.

Please bring supplies to class.

Preregister by Tuesday, June 3 to get materials list and instructions for sending your birth information for Vedic chart construction.

Mavis Gewant studied the ancient techniques of yantra and silk deity painting with Tantric Master Shri Harish Johari, serving as his personal assistant for over twenty years. He requested Mavis to teach this knowledge and to illustrate his last book, *Planetary Meditation Kit*, containing yantras and mantras of the planets. A Vedic Astrology student and experienced teacher of many subjects, Mavis is one of the few persons in the US with more than two decades of training in this sacred art and a sincere devotion to teaching. Her sadhana consists of painting yantras and deities and helping others through this transformational art form. Mavis' artwork can be seen on her website: www.sacredmotherarts.com.

Ananda Ashram

THE YOGA SOCIETY OF NEW YORK, INC.

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Ananda Ashram is a country Yoga retreat providing simple guest accommodations, vegetarian meals, daily meditation, scripture studies, readings, Sanskrit and Hatha Yoga plus East-West music, dance and more. Located on 85 wooded acres in the foothills of the Catskill Mountains one hour from NYC.