



Entering the Mystical Mandala:
Centering Oneself in the Sacred Circle

December 8-11, 2022

(Thursday – Sunday)

Siena Retreat Center - Racine, Wisconsin

This retreat will explore the universal symbol of the sacred circle known as the “mandala” and why we are naturally drawn to this sacred shape. Together we will experience how and why entering the process of creating and working with mandalas fosters physical, psychological and spiritual grounding in our lives. Attendees will be invited to create four mandalas as part of the retreat. The retreat will include opportunities for art sharing where participants can process their experience in creating their mandala art. No previous art ability is needed to participate in this retreat. Everyone, experienced artist or not, will benefit from attending and creating. Basic art supplies will be offered to each participant, but you are free to bring your own favorite art-making supplies as well. Mandala creating and conferences will be surrounded by the gift of silence as well as regularly scheduled group Centering Prayer sessions. Do not be afraid to meet your spiritual inner artist. All are welcome!

Presenter

The **Rev. Dr. Shawn Kafader** is an ordained non-denominational clergyman, Licensed Mental Health Counselor, certified Expressive Arts Therapist, certified Art4Healing® Facilitator, trained SoulCollage® Facilitator, and Artist. He is a commissioned workshop presenter with Contemplative Outreach having offered workshops and retreats both in-person and on-line. Mandala art has been Shawn's main art-making form for over thirty years.

Location: [Siena Retreat Center](#), located on the beautiful shores of Lake Michigan in Racine, WI. The smoke-free facility includes private bedrooms with bath, an elevator to all floors and is accessible to persons with disabilities.

Schedule: **Retreat begins with evening meal at 5:30pm on Thursday and ends after 12 noon lunch on Sunday.**

Registration opens at 2:30 pm on Thursday December 8 in the lobby of the retreat center.

Optional centering prayer session on Thursday at 4:45pm.

Registration Information:

The fee is \$415, includes private room, all meals, snacks, soul friending, handouts and art materials.

A \$100 deposit is due by November 23 and is nonrefundable

The balance of the retreat fee (\$315) is due by December 2, 2022.

Partial scholarships are available. Please submit a request.

For anyone who is able, donations to the COSEW Scholarship Fund are welcome.

Contact Ann Koerner at: akoerner45@gmail.com; 262-282-8622

Name: _____ Phone _____

Address: _____ City/St/Zip: _____

E-mail: (please print) _____

Indicate dietary and physical needs: _____

Request a scholarship: (include reason) _____

1. Make checks payable to: COSEW

Send to: **COSEW 4830 W Edgerton Ave, Greenfield, WI 53220**

2. Pay by credit card <https://www.contemplativewisconsin.org/retreat> \$432 (service charge applies)