



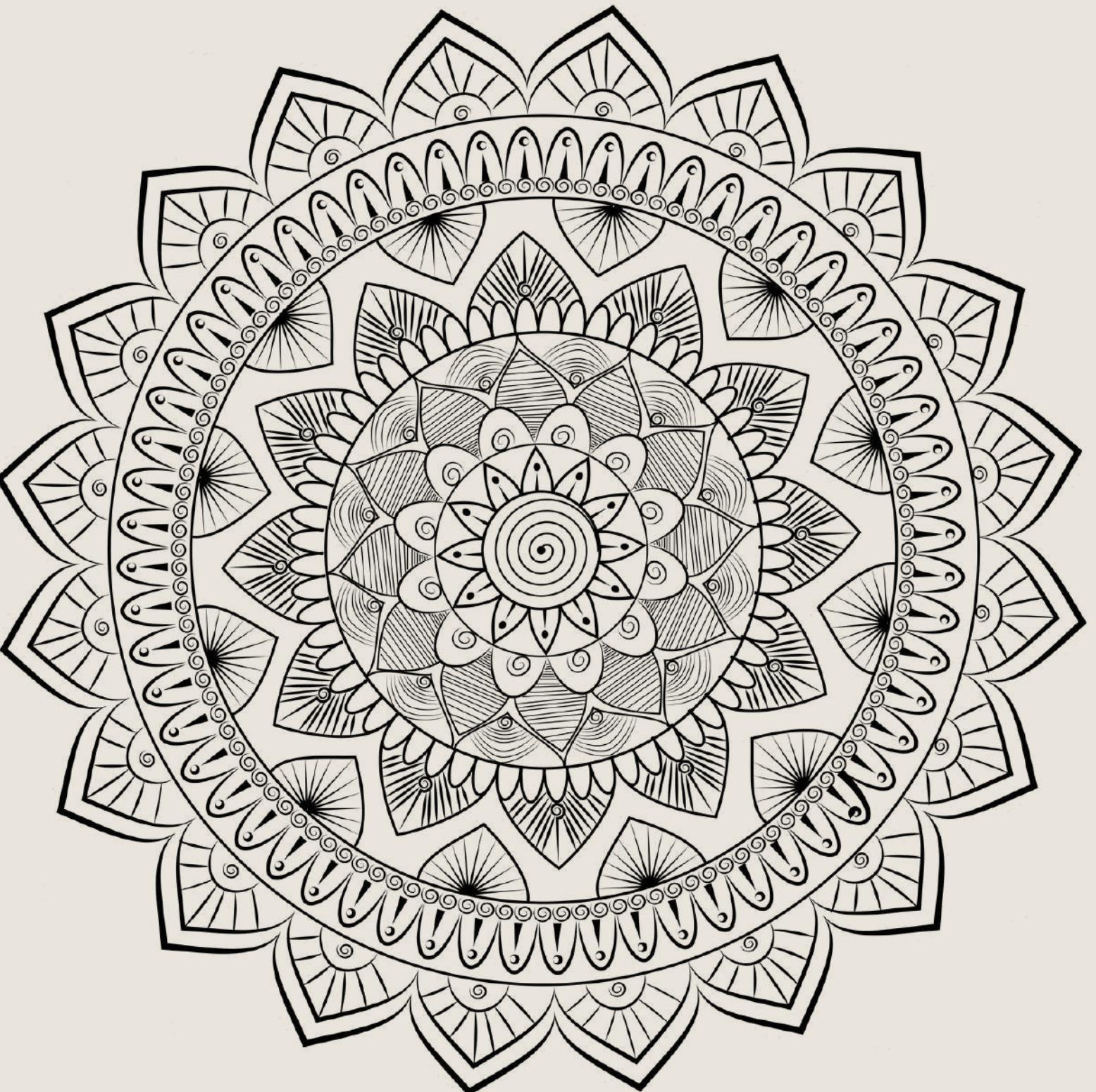
MANN MANDALA

MANDALA GROUP/CORPORATE WORKSHOP



MANDALA ART

The Sacred geometry; It is the combination of circles and beautiful pattern drawn around it. Mandala painting is a symbolic picture of the universe, the circle that represents wholeness, totality, infinity, timelessness, and unity. We live in a world that is so fast-paced and most of the time we are so caught up in trying to fit in, and what controls our everyday lives is the fear of missing out or the need to be perfect .Drawing Mandalas brings in several benefits when practiced regularly





BENEFITS FOR PARTICIPANTS

1. Reduce Stress levels
2. Help with concentration
3. An easy tool for meditation and relaxation
4. Build confidence
5. Problem solving
6. Balancing the left and right brain function
7. Increases focused attention
8. Reduce stress levels
9. Enhanced team communication and interaction
10. Creative energy creates innovative thinking
11. Relationship building



OPTION 1: MANDALA ART ON SHEETS

Participant's complete their mandalas in sheets given with Black pen. Colour the mandalas with the choice of shades, using colour therapy to calm the mind.

Introduction to basic shapes, patterns and designs and Learn tips and tricks to create mandala. Grid making and patterns of mandala.

How to fill the patterns and create own designs



- Commercials Rs 25,000/-
- Time 1-1.5 hours
- Up to 100 participants



OPTION 2: MANDALA ART ON MDF

Participants will paint a 6 inch mandala piece with acrylic brush pens.

It will be a wooden base and can be used as table or wall decorative in future



- Commercials Rs 35,000/-
- Time 1-1.5 hours
- Up to 100 participants



OPTION 3: YOUR OWN MANDALA BOOKMARK

(or choose a Keychain, Magnet, or Coaster!)

Create your own bookmarks with mandala patterns.

Dot mandala art using acrylic paints and dotting tools

Attach tassels or jute with punch machine

learn colour therapy and meditative dotting art



- Commercials Rs 40,000/-
 - Time 1-1.5 hours
 - Up to 50 participants, to be done in batches of 20-25
- *Choice of any one product can be made – Bookmark, Keychain, Magnet, or Coaster.**



OPTION 4: DOT MANDALA MUG WORKSHOP

Participants will create their own dot mandala coffee mugs with multi surface acrylic paints.

Mugs will be washable and microwaveable for daily use.

No artistic skill is required for these workshops.



- Duration – 2 hours
 - workshop to be done in batch of 20-25 people each
- Commercials- Rs 799/- Per person

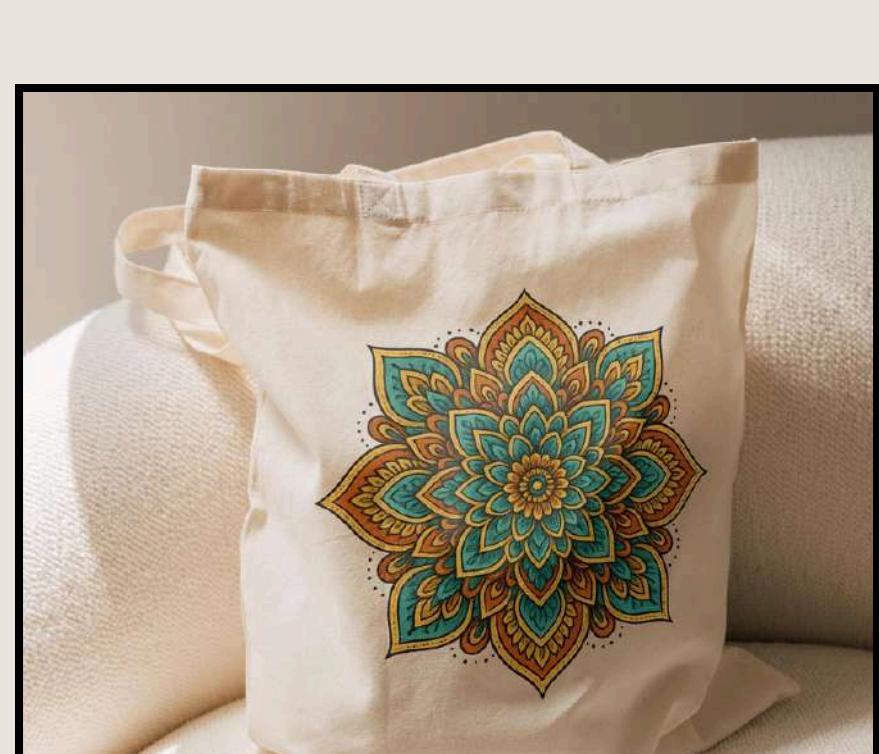


OPTION 5: TOTE BAG WORKSHOP

Participants will hand-paint their own unique tote bags using multi-surface acrylic paints.

These reusable fabric bags are washable and eco-friendly — ideal for everyday use.

The workshop is beginner-friendly and requires no prior artistic experience. Just bring your creativity!



- Commercials Rs 40,000/-
- Time 1-1.5 hours
- Up to 100 participants

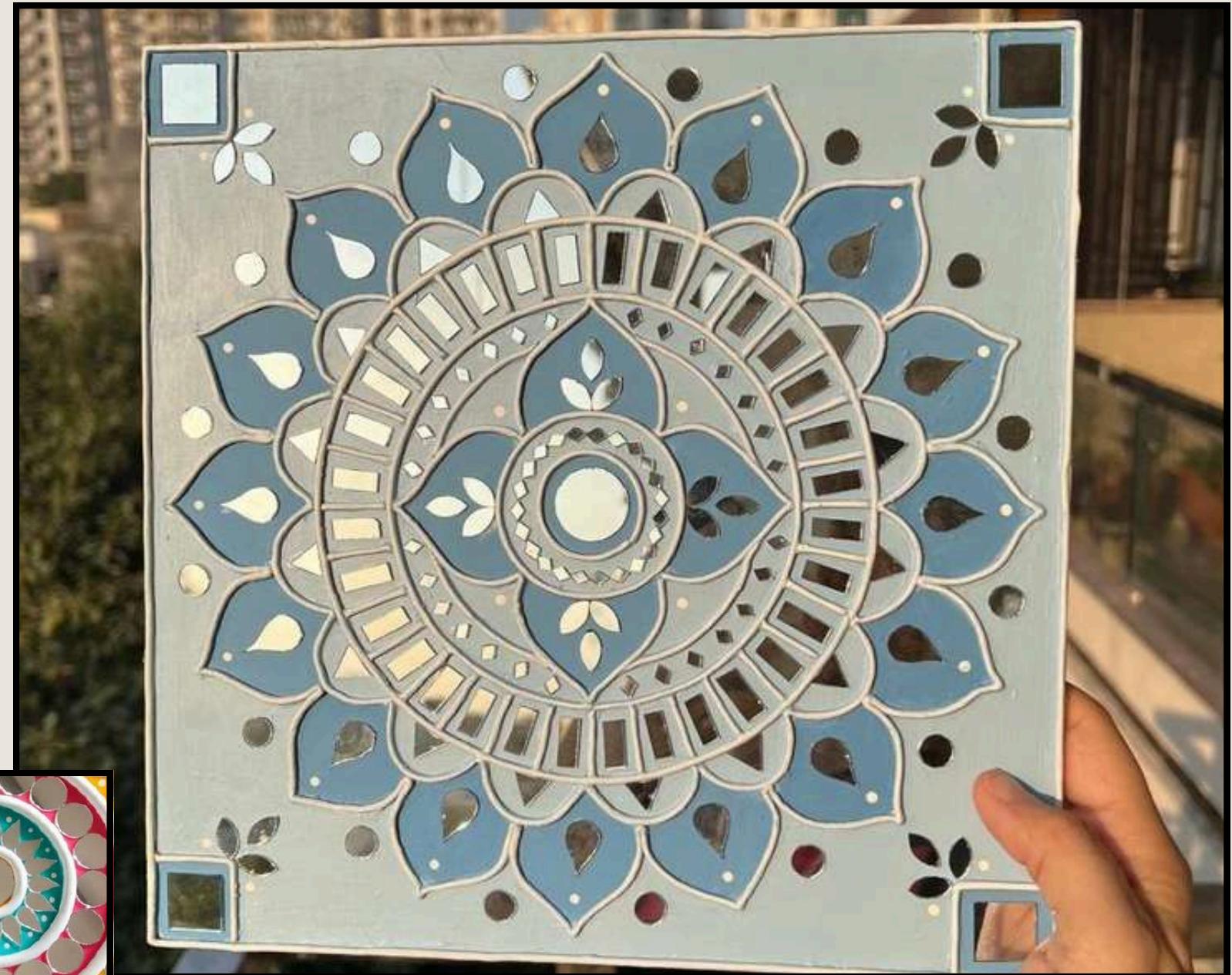
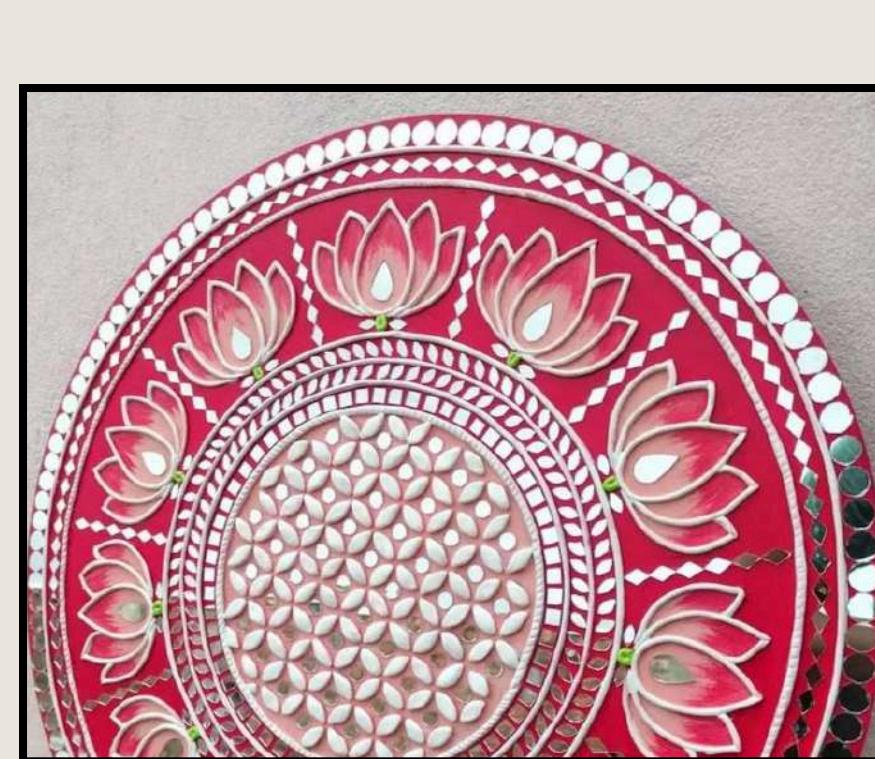


OPTION 6: LIPPAN ART WORKSHOP

Lippan art is a traditional craft from Kutch, Gujarat, made using mud, clay, and mirrors to create decorative patterns.

Get hands-on experience creating your own Lippan art piece

Suitable for all skill levels, from beginners to advanced artists



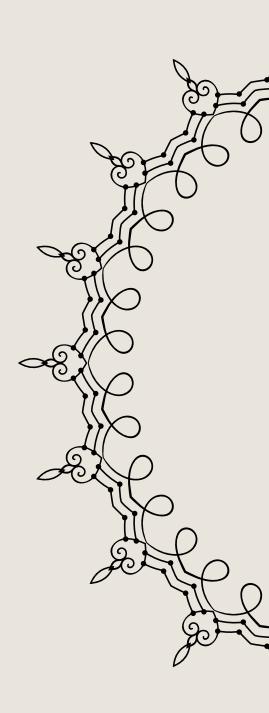
- Commercials Rs 55,000/-
- Time 2 hours
- Up to 100 participants



OPTION 7: FAMILY & FESTIVE DAY AT THE OFFICE WITH MANDALA WORKSHOP

Employees and their families engage together in a shared, calming creative experience – building stronger emotional connections.

A perfect stress-free activity where every family member – young or old – can participate and enjoy together.



Mandala drawing improves children's concentration, reduces anxiety, and offers a joyful outlet for self-expression.

***Connect with us to discuss a workshop tailored to your needs – pricing available on request based on customization and organizational requirements.**



ADDITIONAL INFORMATION

- **Venue:** To be arranged within office premises
- **Participants:** Final number to be confirmed at least 7 days prior to the workshop date
- **Materials:** The charges are inclusive of all material
- **Travel:** Additional travel charges at actuals
- **Coverage:** We conduct Pan India workshops

Let's create something beautiful together!

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