

MATERIALS FOR HEALING MANDALA CLASS:

1. **Acrylic Paint:** Whatever you already have will work - or purchase a small set with a variety of colors.
2. **Small Canvas** (6"-12" works well) OR **heavy paper** (preferably watercolor or mixed media)
3. **Inexpensive brushes** of a variety of sizes. Whatever you already have will work or purchase an inexpensive set that has a variety of sizes.
4. **Matte Medium** - small bottle. (You can also use Elmers or other clear glue in a pinch)
5. **Tape** - (I prefer blue painter's tape because it peels up easily, but masking tape will work too)
6. **Pencil and eraser**
7. **Ruler** or yard stick
8. **Scissors**
9. **Container** of water to wash brushes.
10. **Flat surface to mix paints on** (plastic lids work well)
11. **Plastic container with lid** (for storing paint after it is mixed)

12. Something to **protect your table surface**, like newsprint or a plastic covering.
13. **Paper towels/ TP**
14. **Piece of cardboard** - If you are working on paper, you may want to tape it to a stiff piece of **cardboard** so the paper won't warp.
15. **powdered turmeric (or ginger)**
16. **Salt (tablespoon)**
17. **candle** (optional)
18. **Journal/notebook**
19. **Small Meaningful objects-** this will be explained further in the class.
20. **A variety of sizes of natural circles:** bowls, cups and jar lids. These will be explained more thoroughly during class.