

Mandala

Certified Mandala Art Facilitator (CMAF)

Harmonika Institute USA
harmonika-institute.com

Program at a glance

- " Tuition: included in our art therapy program
- " In-person training: 2 days (16h)
- " Total: 16h (~2 day-equivalents)
- " Cohort size: 10 students

About the program

What you'll learn

- " Geometric construction of classical and free-form mandalas
- " Color theory in service of intention
- " Designing themed mandala prompts (grief, transition, joy)
- " Leading a 90-minute mandala session as a complete arc
- " Working with materials accessible to mixed-skill groups
- " Building a facilitation practice within clear non-clinical scope

Curriculum modules

Module 1 Foundations

History across traditions; the contemplative frame.

Module 2 Construction

Geometry, sacred proportion, free-form versus classical.

Module 3 Color & material

Choosing palettes; pencil, ink, watercolor for groups.

Module 4 Facilitation

Designing and leading a 90-minute mandala session.

Module 5 Practice & business

Workshop pricing, marketing, ethics, scope.

Next step

Book a free 30-minute info session at:
harmonika-institute.com/admissions/info-session

This curriculum overview is provided for informational purposes only.
Specific cohort schedules and faculty assignments are confirmed at enrollment.