



# Mala Making Workshop

Create Your Own  
Mala For Meditation!

**Saturday, March 7**

**1:30PM-3:30PM**

**\$40 per person  
(\$45 door)**

*Includes beads and everything  
needed to create your mala*

***Create Your Own Mala For Jewelry Or Meditating,  
Or Makes A Great Handmade Holiday Gift!***

Join "Mala Mia" for a fun afternoon of Mala Making! Malas have been used by men and women in Yoga, meditation and prayer for centuries and as jewelry in modern times. Malas can be made from gemstones that match the intention of your practice, and often serve as a reminder of affirmations. Mala making is fun, creative, relaxing and creating them can be a meditative experience in and of itself!

Mia will explain the use and benefits of malas as a meditation aid and how to select and use a mantra with your mala. She'll teach you how to hand-make and string your mala from the beads you select - to personalize it with your very own style.

A wide selection of mala beads, tassels and charms will be provided for you to choose from in creating your mala, and you can also bring in any beads or other personal trinkets you'd like to include in your mala. Once you've selected your items, Mia will help you size and string your mala to fit. She'll also teach you proper mala use, care and repair.

We'll conclude with a brief meditation using your newly made mala that you'll then take home with you to use and enjoy for years to come!

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



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