

Meditation Beads (Mala)

Facilitated by Alessandra Colfi, Ph.D.(c)

Wednesday, Oct 22, 2014 – 1 pm to 2.15 pm

A Mala is a string of beads that was developed to keep the mind focused on the practice of meditation. Mala beads are seen across cultures and spiritual traditions all over the world. The use of meditation beads, also known as "mala beads," can help you achieve restful, enlightening meditation by helping you keep your mind focused on your breath.

By its very nature, the mind tends to wander off during the meditation practice. At such times, the mala provides the much needed anchor.

The mala beads are moved in rhythm with the breath, so that sleep as well as excessive mental distraction are prevented by this simple tactile feeling and counting of the beads.



Alessandra Colfi holds a B.A. in Linguistics, a Master in Fine Art, and is a Ph.D. candidate in Expressive Arts Therapy. She is a Faculty and the Associate Director of the Expressive Arts Therapy Department at IUPS, a member of the International Expressive Arts Therapy Association, and The Global Alliance for Arts & Health. Her background in design & fine art is combined with extensive studies and applications of behavioral science, counseling, transpersonal and humanistic psychology, and academic mentoring. Alessandra has been using art and its therapeutic effects for over 12 years in private and clinical settings (assisting cancer patients, Alzheimer's seniors, developmentally and physically disabled adults and children, the general population of adults, teens and children).
www.AlessandraColfi.com

You'll chose among a variety of beautiful beads and make a unique bracelet to support your meditation practice.

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Suggested Donation: \$ 10

Location: Retail Pharmacy Suite # 103, 1st Floor

**PRE-REGISTRATION IS REQUIRED:
call SDCRI at (760) 536-7679**

'As always, after I attend one of your classes, I come away more focused, more energized and more peaceful.' ~ K.G., Encinitas

'It was quite challenging for me to do this, and I LOVE the results! I so appreciate your support and encouragement' ~ Uki McIsaac, Carlsbad, CA

San Diego Cancer Research Institute - Encinitas www.sdcri.org