



Please join Catherine Nasch for an Evening of

Magic, Meditation, and Mandala

*This course will meet once a month. Each session will have a different astrologically-determined theme. In September, with Virgo's influence, we will be looking at **The Harvest-Discernment**. The participants will explore what serves and no longer serves in their lives. We will be using magic symbols to set the intention, meditation to see our dreams and creating a mandala for realization and reflection. We will be using the voice dialogue technique to create a safe place to explore who we are and what it is we want to create in our lives. We will be working with the lunar cycles as well. Each session is scheduled with the new moon, a good time to set things in motion and begin again. Sign up for an evening or the season.*

Fall Season

Virgo-The Harvest-Discernment.

Sept. 23rd

Libra- Harmony-Beauty and Temperance.

Oct. 21st

Scorpio-Truth, our inner voice. When To Speak and when to Be Silent

Nov. 18th

no artistic talent is needed

When: Wednesday evenings 7:30-9:30 pm beginning September 23rd

Where: Nature's Remedy, 1351 Hamburg Turnpike, Wayne, NJ

Course fee: 45.00 for the evening, or 110.00 for the Season

To Reserve a space contact: Catherine Nasch at 201-248-6166

Or Nature's Remedy at 973-628-2924

Catherine Nasch is an art teacher and multi media scenic artist for television shows such as Law and Order and Saturday Night Live. Her work has been exhibited in New York Galleries and published in Architectural Digest. Catherine has traveled around the world creating the rituals of Sacred Artmaking. She has painted with the Balinese artists and is actively involved in Native American Spirituality. Ms. Nasch honors and teaches the practice of creating sacred objects with meditation and prayer. She is known for her ability to bring the artist out in everyone.

Catherine Nasch is a member of the MCNJ and Circulos, a non-profit organization dedicated to raising consciousness. She is a teacher of the empowerment series for women through the Circulos Organization.

