



# MALA NECKLACE WORKSHOP WITH HANA PEPIN

Have you ever wanted a Mala necklace but have not found the right one? Would you like to make your own 108 beaded necklace infused with your personal intentions and prayers?

Do you want to learn more about crystals and the healing benefits they have? Are you new to meditation or are interested in deepening your meditation practice? Join Hana Pepin in this fun and interactive hands on workshop where you will leave with a Mala necklace and a wealth of knowledge. During the workshop we will discuss the origin, history and application of a 108 Mala Necklace, how to choose different types of crystals based on their vibrations and energetic effects, and how to integrate Mala meditation into your daily practice. You will learn how to hand tie knots between each bead, the art of Mantra (chanting), and the power of vibration for personal healing.

**Sunday, June 16th 1:00 - 4:00pm**

\$50 bring your own 108 (8mm beads) | \$80 all supplies included (beads, string, tassels, guru beads, scissors, glue)