

Upcoming Workshops & Events

with Karen Adamski



Saturday November 5' 10:00 am – 5:00pm Fall Crystal Boutique

Sunday November 6 10:00 am – 5:00pm Fall Crystal Boutique

Monday November 7, 4:00 pm – 5:00pm Mindful Meditation (\$15)

Thursday November 10' 6:00pm – 8:30pm Dreamcatcher Painting (\$45)

Monday November 14' 4:00 pm – 5:00pm Mindful Meditation (\$15)

Monday December 5' 4:00 pm – 5:00pm Mindful Meditation (\$15)

Thursday December 8' 4:00 pm – 5:30pm Meditation Painting Workshop (\$35)

Saturday December 10' 10:00 am – 5:00pm Winter Crystal Boutique

Sunday December 11' 10:00 am – 5:00pm Winter Crystal Boutique

Thursday December 15' 6:00pm – 8:30pm Freestyle Faces Painting Workshop (\$45)

Monday December 19' 4:00 pm – 5:00pm Mindful Meditation (\$15)

Saturday January 7' 10:00 am – 12:30pm Brushless Painting (\$45)

Monday January 9' 4:00 pm – 5:00pm Mindful Meditation (\$15)

Thursday January 12 6:00pm – 8:30pm Swirly Trees Painting Workshop (\$45)

Saturday January 21' 10:00 am – 12:30pm Heart & Mind Painting Workshop (\$45)

Monday January 23' 4:00 pm – 5:00pm Mindful Meditation (\$15)

Thursday January 26' 6:00pm – 8:30pm Power Animal Painting Workshop (\$45)

Monday January 30' 4:00 pm – 5:00pm Mindful Meditation (\$15)

Saturday February 4 6:00pm – 8:30pm Swirly Trees Painting Workshop (\$45)

Monday February 6' 4:00 pm – 5:00pm Mindful Meditation (\$15)

Monday February 13' 4:00 pm – 5:00pm Mindful Meditation (\$15)

Saturday February 18 6:00pm – 8:30pm Power Animal Painting Workshop (\$45)

February 20-24 9:00 am – 1:00pm HeART & Mind Kids Camp (\$185)

Monday February 13' 4:00 pm – 5:00pm Mindful Meditation (\$15)

Saturday March 4' 10:00 am – 12:30pm Mandala Painting Workshop (\$45)

**For reservations and information, please contact Karen Adamski via
www.ShamaMama.com or 408-221-2839.**

Painting Workshops

Every painting workshop begins with a guided meditation to quiet your mind & body, and awaken your creative self. All classes are appropriate for every level of artist, from day one beginner to experienced painter. Discover the fun and exploration of playing with colors and the Zen it can bring to your life. All supplies are provided.

Prices: \$45 per workshop

Mindful Meditation

Mindful Meditation sessions are designed for those who are new to meditation, or are reintroducing it into their daily lives. Every session is unique, and is guided by a certified practitioner. Participants will discover different meditation techniques, and will be guided on a journey inward via a guided meditation.

Sessions are designed for all ages and are held in a group setting. Bring a friend!

Price: \$15 per session or \$60 for 5 sessions (Very young children should be accompanied by an adult)

Host a Crystal Party!

So fun!! Invite your friends, maybe put some snacks & drinks out, and let us do the rest. We will come to your location*, set up our crystal inventory in your home, and even give a quick class on crystals...how and why they work, how you can use them in your everyday life, and more if you'd like. As a party host, you will receive a complimentary house cleansing & blessing (\$150 value) and you will earn 10% - 20% of the overall party sales that you may use to purchase whatever crystals appeal to you.

Host a Painting Party!

Bringing friends and family together in a creative way is such a fun thing to do....it creates social openings and emotional bonds, and it creates special memories. So why not host a painting party?! Karen will bring all of the painting supplies directly to you*, set it up, and facilitate a fun workshop that merges well with you party. Perfect all ages and experience.

Price: varies upon party size

*Travel costs apply after 20 miles

For more information, please contact Karen Adamski at www.ShamaMama.com or call/text 408-221-8608