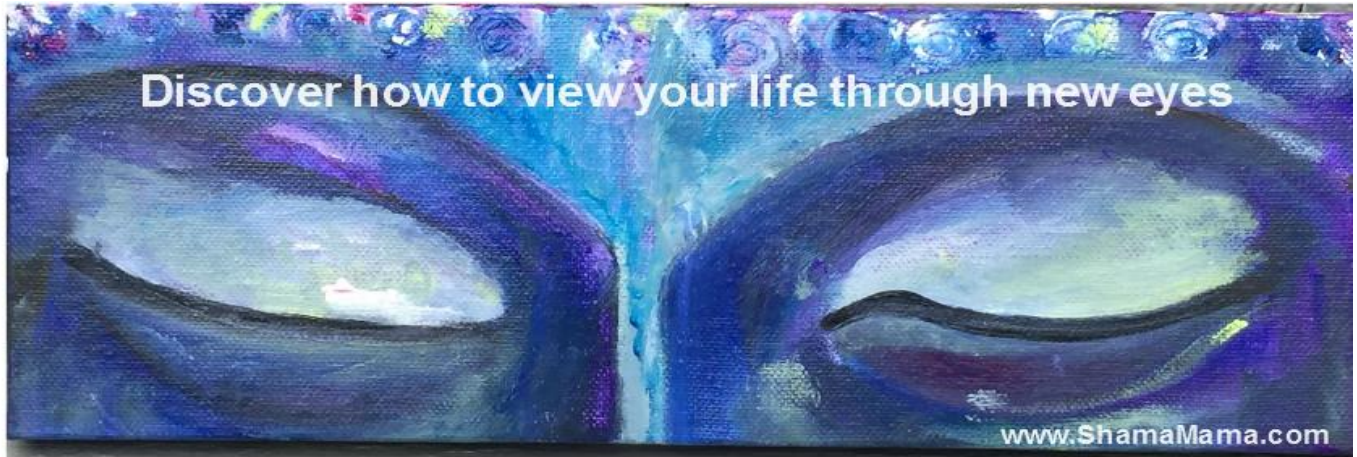


# 2017 Workshops & Events

with Karen Adamski  
[www.ShamaMama.com](http://www.ShamaMama.com)



**Saturday April 22 10:00am – 12:30 pm Earth Day Painting Workshop**

**Monday April 24 4:00pm – 5:00pm Mindful Meditation** (rsvp - donation)

**Friday May 12 3:00pm – 8:00pm Spring Crystal Boutique**

**Saturday May 13 10:00am – 5:00pm Spring Crystal Boutique**

**Saturday May 20 10:00am – 12:30pm Buddha Face Painting Workshop**

**Friday June 9 6:00pm – 8:30pm Dream Catcher Painting Workshop**

**June 19 – 23 9:00am – 1:00pm HeART & Mind Kids Camp** *Peace, Love & Gummy Worms*

**June 26 – 30 9:00am – 1:00pm HeART & Mind Kids Camp** *To The Stars & Beyond!*

**Saturday August 12 10:00am – 5:00pm Summer Crystal Boutique**

**Sunday August 13 10:00am – 5:00pm Summer Crystal Boutique**

**Monday August 21 4:00pm – 5:00pm Mindful Meditation** (rsvp - donation)

**Monday September 11 4:00pm – 5:00pm Mindful Meditation** (rsvp - donation)

**Saturday September 16 10:00am – 12:30pm Power Animal Painting Workshop**

**Saturday October 14 10:00am – 12:30pm Mandala Painting Workshop**

**Monday October 16 4:00pm – 5:00pm Mindful Meditation** (rsvp - donation)

**Saturday December 2 10:00am - 1:00pm Kids Holiday Gift Making Party**

This is a “kids only” event where children will create and wrap 2-3 unique holiday gifts for their loved ones.  
\$50 – includes lesson, supplies, wrapping, snacks and fun!

**For reservations and information, please contact Karen Adamski via  
[www.ShamaMama.com](http://www.ShamaMama.com) or 408-221-2839.**

**Further Information & Other fun things going on.....**

### [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!

Please bring a mat and/or blanket

Donations accepted (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% 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](http://www.ShamaMama.com) or call/text 408-221-8608*