



Bird Hill Farm

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**For Immediate Release**

**What: MANDALA: An Artist Retreat with Karen Dolmanisth**  
**When: March 22, April 26, and May 24, 2020**  
**Where: Bird Hill Farm, Ware, MA**  
**\$189.00 inclusive**

### **MANDALA: An Artist Retreat with Karen Dolmanisth**

**WARE, MA. (February 8, 2020)** Bird Hill Farm is happy to offer “MANDALA”, a series of a one day artist retreats facilitated by internationally recognized artist, Karen Dolmanisth. The retreat is open to artists and non-artists alike—anyone interested in learning about and experiencing the meditative qualities of creating a mandala. Dolmanisth brings a scholarly approach along with a lifelong practice of making fine art to this unique retreat. The day-long retreat will be divided into two main sections with the morning being devoted to a survey of mandalas throughout history and across cultures. With a slide presentation, Dolmanisth will discuss Tibetan, Jungian, and Navajo traditions, as well as an examination of the mandala in modern art. Following lunch, and an instructional demonstration guided by Dolmanisth, guests will transition into an immersive studio experience, exploring a breath-focused, silent, meditative mandala making practice unique to this retreat.

As part of her Artist residency at Bird Hill Farm, Dolmanisth created this retreat as an extension of her social practice. The retreat is designed to give each guest an introduction to a mandala making practice that can be transferred to their daily lives. Throughout history, the mandala has been an instrument of meditation and symbolic meaning. Traditionally, mandalas can be transforming, calming, integrative, healing and symbolic. This retreat is appropriate for anyone curious in the art and meaning of mandala and the use of art making as meditation. Guests will leave with instructions and materials to continue this practice into their daily lives.

**“This will be a restorative experience of creative transformation through guided meditation, contemplation and experiential art making”, —Karen Dolmanisth**

More about Karen Dolmanisth: Dolmanisth is an internationally recognized artist who works in drawing, painting, sculpture, photography, and time-based, multi-media installations. [karen-dolmanisth.com](http://karen-dolmanisth.com)

More about Bird Hill Farm:

Bird Hill Farm is a multi-use Bed and Breakfast working to build a culture of fine art, creativity, community, and sustainable hospitality in an 1825 farmhouse on four acres in Ware, Massachusetts. It is a perfect venue for workshops, retreats and reunions. In addition to artist residencies, Bird Hill Farm has an on-site design and gift shop that features art, antiques, up-cycled furniture, home goods, vintage clothing and cool eclectic collectibles while offering a beautiful and relaxing bed and breakfast experience.

**For more information, please contact:**  
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