

Group Mandala – July 2015



HEALING GLASS MANDALA

Saturday, January 20th 2018

9:30am -11:30am

\$45 includes all materials

No Previous Experience Necessary

CEUs Available

Group Mandala –
March 2017



Group Mandala – May 2016



In the beautiful and inspiring environment of Stained Glass Express, participants have the opportunity to work and play with glass to create their own mandalas. In Sanskrit, the ancient language of India, 'mandala' means sacred circle. No experience is necessary as instructions are given in how to create a glass mandala as a way of beginning the sacred journey to the healing power within. This journey is continued as participants collaborate in the writing of a group story inspired by the most living images and designs in their glass mandalas. By invigorating the senses with glass and story making, images which long to be seen and heard find expression. In this way, the healing power of the creative process is engaged and celebrated in multiple artistic media.

Expect to fall in love with the possibilities of glass but not to become experts in this workshop. This is the beginning of discovery with glass art and the stories they tell, so be on the lookout for ongoing workshops in a range of glass art forms as well as expressive arts workshops. For art teachers, who wish to continue to learn the art of glass, be sure to pick up the Teach the Teacher Program flier.

Registration: To hold your spot, please call Stained Glass Express at 213-4126 or stop in to the store at 966 Western Avenue in Manchester by Saturday, January 13th 2018. A 50% deposit is required at the time of signup. Class limit is 10.

Student Reflections...

"I am relaxing thinking of your workshop. I enjoyed it so much. You are so inspirational. I want to get back into glass. Your workshop was my catalyst to bring more beauty into my life, especially at this time. Thanks again..." - Rachel

"It was a very special evening together!"

"You are a gentle, enthusiastic & joyful teacher. Thank you for your leadership & knowledge." - Susan Parks

"Thank you for a special sacred healing arts class. I think we all had a fabulous evening with you facilitating great muse!"

"Maryam quickly established a rapport with the five of us that allowed her to create a level of intimacy for each of us to express ourselves while delivering technique (glass work) in a very simple/non-intimidating manner. Felt everyone did an exceptional job and this because Maryam is a sensitive person able to deliver instruction without making you up tight. I hope to take another class this summer!" - Bruce McClenahan

Dr. Maryam Mermey, Registered Expressive Arts Therapist, holds a Ph.D. in Arts, Health and Society. She also has an M.A. in Counseling Psychology, a M.Ed. in Arts in Education, and a B.A. in Dance and Poetry. Dr. Mermey studied Art, Fairytales and Healing the Psyche at the Carl Jung Institute in Kusnacht, Switzerland and has advanced training in grief therapy. She was formerly a grief and creative arts therapist. She co-presented a workshop and film called From the Heart at The Third International Children's Bereavement Conference in Edinburgh, Scotland. Maryam was also a cheraga or minister in the Sufi Order in the West as well as a member of the Sufi Healing Order. Dr. Mermey currently has a private practice called Morning Glory Arts Therapy as well as offers Healing Glass workshops at Stained Glass Express in Manchester, Maine. She also facilitates workshops in Sacred Dance and a Women's Healing Arts Circle at The Center for Wisdom's Women in Lewiston, Maine.

Previously, Dr. Mermey taught the first expressive arts therapy courses at Thomas College in Waterville, Maine called Exploring the Expressive Arts and the Advanced Seminar in the Expressive Arts. She also developed an original bully prevention model called Transforming the Bullying Cycle Through the Expressive Arts, which she taught internationally. Her presentation and film on this work received a "Best Presentation" award from the Center for Scholastic Inquiry International Research Conference in San Francisco, California in 2014. She has also written a book entitled "New to the Forests of Selay" with an accompanying CD for elementary age students and teachers on transforming the bullying cycle through the expressive arts. These offerings and documentary films can be found on her web site: www.thetransformativearts.com. In the fall of 2014, Maryam and her husband Akiba, the Program Developer for The Transformative Arts, screened their film Norway: Art, Waterfalls, and the Human Spirit at Railroad Square Cinema. In 2016, The Journal of Maine Education published Maryam's article entitled "Arts-based Transformative Learning."