

Mala Making Workshop

With Willow Fortiner and Jenny Frank-Doggett

Please join Willow and Jenny for this special in-person workshop where you will create your own prayer and meditation infused mala. A meditation mala or Japa mala is a 108 – bead, hand-knotted necklace created with semi-precious stones, special wood, or seed beads. Malas aren't just pieces of jewelry; they are used to focus the mind during meditation.



The *process* of creating a mala is, in itself, a meditation. Circle members will receive instruction and assistance in creating their malas and a historical perspective on significance of the mala. Accommodation can be made for those with difficult finger dexterity. This workshop will be enhanced by the communal atmosphere of a traditional handwork circle, guided meditation, intention setting, and optional prayer focused into our process. We will keep the energy light and the learning simple so that everyone feels welcome. Once completed you will have a personally charged, tangible prayer to carry with you reminding you of your love-filled intentions. A handmade mala also makes a unique gift for a special person.

*Covid 19 safety protocol: Please do not come to the circle if you have any cold, flu, or Covid symptoms, have had recent known exposure to Covid, or have had a recent positive test. Zoom accommodations may be made for people with illness. Contact Jenny for further questions.

See registration form for details, limited space available.

Jenny Frank-Doggett is a Licensed Mental Health Counselor and a Certified Advanced Clinical Hypnotherapist. She has a master's degree in counseling psychology and a certified practitioner in The Feldenkrais Method™. Jenny has been a student and teacher of psychology, yoga, and other esoteric and transpersonal practices for over 25 years.

Willow Fortiner is a Jane-of-all-trades whose passion for creating influences everything she does. She balances her job as a Mechanical Designer with a variety of creative endeavors, including basketry, jewelry making, and painting.