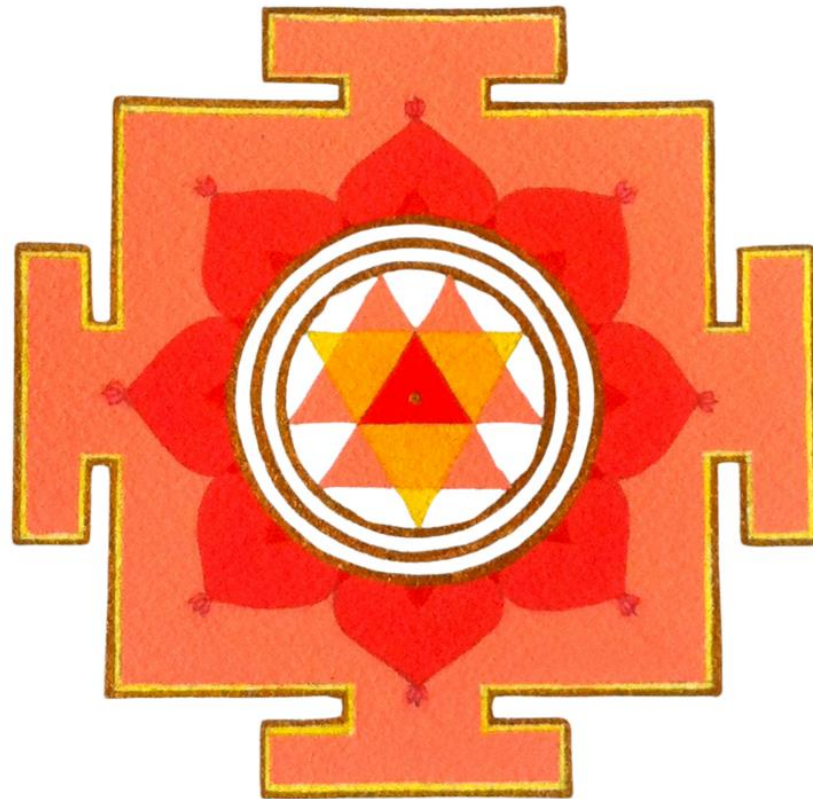


MYSTIC ART RETREATS
PRESENTS

DURGA YANTRA



A sacred art workshop by the world-renowned yantra teacher Mavis Gewant

22-24 SEP 25

KEYANI WELLNESS

DUBAI, UNITED ARAB EMIRATES

Durga Yantra

Mystical Tools for Realisation

with Mavis Gewant and Payal Barua

YANTRAS

The word yantra is used in two or more ways in Sanskrit. It comes from the root "yam", which means supporting or holding the essence of an object or concept. The syllable "tra" comes from "trana" or liberation from bondage. Yantra also means liberation from the cycle of birth and rebirth (moksha). As a tool, [the] yantra is used to withdraw consciousness from the outer world, to help one go beyond the normal framework of mind to the altered states of consciousness known as turiya.

'Traditional yantras are revelations. When the great yogins of the ancient past were in deep states of meditation, what they heard were mantras (mystic sounds) and what they saw were yantras (mystic diagrams). These seers said that the energy bodies of goddesses resemble these mystic diagrams.'

– Ekabhumi Ellik

So why make a yantra:

- 🚩 It's beautiful. You like it. It resonates with you
- 🚩 Your guru (spiritual teacher) advised you to get one
- 🚩 You are a spiritual-minded person who wants to protect and be inspired by surrounding yourself with icons of essence and images of the divine

- ⚠ Your Jyotishi (Astrologer) advised you to get one
- ⚠ You are familiar with your Astrological Birth Chart and recognize that you need a planetary yantra to rectify a problem in your chart
- ⚠ You have a connection to a specific Hindu deity, but for privacy reasons do not wish to have a figurative (human) image in your office or home
- ⚠ Yantras are considered by the ancient seers to be more powerful than the figurative paintings!
- ⚠ You wish to make an energetic correction to the Vastu (energetic alignment, like Feng Shui) of your temple, home or office
- ⚠ You wish to decorate your home or office with a lovely image that hints at your spiritual practice

DURGA

Virtues: wrathful compassion, unlimited power, vigor, focus, integrity, dignity



Durgā, also known as Mahishamārdinī, is said to have emerged from a sacred fire ignited by the combined wrath of the gods to defeat Mahishasura, a demon invincible to any man or god, which is why she carries the name Mahishamārdinī, meaning "slayer of Mahisha" (the buffalo demon). She waits patiently in a pleasure garden, enticing Mahishasura with her laughter and charm. When she rejects his proposal, he attempts to seize her by force, leading to a fierce battle where demon armies assault the goddess and her Shaktis. Ultimately, Durgā defeats Mahishasura in single combat as he shifts through various animal forms, including a buffalo.

Illustrated by Ekabhumi Ellik

Mahishasura was born from the union of Rambha and a she-buffalo, making him half-man, half-buffalo. He gained a boon from God Agni that only a woman could kill him. Empowered by this, he drove the gods from heaven and claimed the throne. The gods then combined their energies to create Durgā, who was armed with weapons from each god- Shiva's trident, Vishnu's discus, Indra's thunderbolt, and others-and rode a lion or tiger symbolizing power and fearlessness.

The battle between Durgā and Mahishasura is a central myth symbolizing the triumph of good over evil, light over darkness, and moral order over chaos. Mahishasura represents ignorance, ego, and lust-forces that disrupt cosmic balance. Durgā embodies fierce compassion, dignity, poise, beauty, and humor. She is often

depicted with ten arms, representing the eight cardinal and two vertical directions, carrying divine weapons, a lotus, and a conch shell. Different traditions interpret Durgā variously: some see her as Shiva's consort and mother of Kālī, others as Mahā Lakshmī or Kundalinī-shakti personified. Today, she is widely revered as the most powerful form of Shakti, the divine feminine energy, and is one of the most popular goddesses in Hinduism with numerous regional stories and artistic depictions.

THE WORKSHOP & LEARNING OUTCOMES

- 🚩 Durga is a powerful aspect of the Divine Feminine principle connected to strength, courage, protection and alleviating suffering. By making her yantra we invoke these energies in ourselves.
- 🚩 During this workshop, you will learn how to construct a Durga Yantra, the proper colours and the mantra to activate the Yantra by world renowned teacher Mavis Gewant.
- 🚩 Our second teacher Payal Barua shall lead chanting on the Argala stotram and Durga Sapt Shloki.
 - The Argala Stotram is a revered Sanskrit hymn dedicated to Goddess Durga, forming an integral part of the Durga Saptashati (also known as the Chandi Path) within the Markandeya Purana. The word "Argala" translates to "bolt" or "lock," symbolizing the hymn's power to remove obstacles and unlock the blessings and grace of the Divine Mother.
 - Durga Saptashloki is a revered collection of seven sacred verses dedicated to Goddess Durga. These seven shlokas (verses) are carefully selected from the much larger Durga Saptashati (also known as Devi Mahatmyam or Chandi Path), which is a core scripture in the Shakta tradition of Hinduism, found within the Markandeya Purana. According to popular tradition, Lord Shiva requested Goddess Durga to provide a shorter version of the Saptashati that could be easily recited by all devotees, especially during the Kali Yuga, and thus the Saptashloki was revealed.
- 🚩 Both the teachings will help us to connect with the divine energy of the Goddess during the beginning of Navratri

TESTIMONIALS FROM PAST CLIENTS

Thank you so much ... It was an amazing experience and I will cherish our adventure into this mystical & magical country. One of the highlight was the opportunity to be in such amazing company with beautiful like-minded ladies from around the globe. I personally would love to see everyone in another future retreat. --A.F.

I truly enjoyed my experience at this Retreat and thank you for making it all possible. It has been said one never steps in the same river twice, having made this crossing, I've come away with so much that will resonate for a very long time. --M.K.

My first trip to India with Mystic Art Retreats was the perfect introduction to a country and culture I'd long wanted to experience. One part spiritual, one part artistic, the retreat had a profound impact on my spiritual path as well as the reclamation of myself as a creative person. ---S.A.

Your enterprise looks to be precisely the kind of work that needs to be done to bring these art traditions into full conversation with the contemporary global viewing public / market.

Workshop Schedule

Organized by Mystic Art Retreats

Venue: Keyani Wellness

Month: 22nd September – 24th September 2025

Day 1: Foundations of Yantra Art – 22nd September'25

Time	Activity
8:30 – 9:00 AM	Welcome Tea
9:00 – 9:30 AM	Opening Circle: Introduction to the teachers
9:30 – 10:00 AM	Durga Argala Stotram Recitation & Explanation
10:00 – 12:30 PM	Introduction to Yantras: History, Symbolism, and Purpose Materials Orientation: Tools, Papers, and Mediums & Step-by-Step: Drawing Basic Geometric Forms of Yantras

Time	Activity
12:30 – 12:45	Tea Break
12:45 – 02:00 PM	Drawing of the Yantra
02:00 PM onwards	Voluntary participation for Q&A with Mavis

Day 2: Immersion in Sacred Geometry and Colour – 23rd September’2025

Time	Activity
8:30 – 9:00 AM	Morning Tea & Check-in
9:00 – 10:00 AM	Durga Saptashati Chanting & Brief Explanation – Payal Barua
10:00 – 12:30 PM	Yantra Drawing Continued
12:30 – 12:45 PM	Break
12:45 – 2:00 PM	Introduction to Sacred Colour Symbolism & Paint Techniques, Painting & Colouring Your Yantra (Individual Practice)
02:00 PM onwards	Voluntary participation for Q&A with Mavis

Day 3: Ritual, Completion, and Integration – 24th September’25

Time	Activity
8:30 – 9:00 AM	Morning Tea & Arrival
9:00 – 10:00 AM	Durga Suktam Chanting – Payal Barua

Time	Activity
10:00 – 01:30 PM	Painting & Colouring Your Yantra (Individual Practice)
1:30 – 2:00 PM	Ritual: Energizing the Yantra with Mantra / Payal Lecture?
02:00 PM onwards	Voluntary participation for Q&A with Mavis

ART MATERIALS

- ⚠ It is always good to get the best supplies you can afford
- ⚠ You will need the following supplies to draw the yantra:
 - 140 lb cold pressed water colour paper, 11x14 or A4
 - #H pencil, good quality compass (should not move)
 - Eraser (eraser with a small point) ruler with inches and cm, good light and a board to lean on
- ⚠ For Painting, which you will do during the week:
 - a set of water based gouache (Mavis can suggest brands) - gold & silver
 - #00, 1, 3 & 5 watercolour brushes
 - Mixing tray with cover
 - Water cup
- ⚠ Specific colours:
 - If you use Holbein Waterbased Gouache then use Primary Yellow or Permanent Yellow, White, Brilliant Orange, Flame Red and Gold
 - If you use Winsor Newton Gouache then use Spectrum Yellow or Primary Yellow, Cadmium free Orange, Flame Red, White and Gold
- ⚠ If you have an existing set of colours then please email Mavis who will help you mix them, or for advice on budget friendly brands

INCLUSIONS

- ⚠ All materials (paper, pencils, rulers, compasses) excluding paints will be provided. Participants may have a preference for a kind of colour or loyalty to a company and hence we advise to bring your own colours
- ⚠ The schedule incorporates breaks and optional yoga/meditation to foster holistic well-being and creativity
- ⚠ The workshop is designed for all levels, with step-by-step guidance and opportunities for personal exploration
- ⚠ The Dubai venue offers ample meeting space, catering, and event support for a seamless experience

FEES

- ⚠ AED 900 per person payable in installments if necessary
- ⚠ PAYPAL please email to mp@mysticart.org
- ⚠ BANK TRANSFER DETAILS please email to mp@mysticart.org

PRODUCTION

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Mystic Art Retreats™ are transformative events held in locations of extraordinary beauty and power that expand consciousness, ignite delight, and elevate human potential.

These retreats typically focus on creative arts and indigenous crafts as a means for encouraging our treasured clients to renew their love of life and return home with an invigorated sense of purpose. Our events are designed to be inspiring and encouraging rather than restrictive or humbling. Beauty, delight, creative expression and spiritual wisdom are key components of every retreat.

The programming includes instruction in sacred art, fine art, and traditional spiritual practices. Immersive cultural experiences, healing connection to natural environments, and visits to locations imbued with spiritual power serve to give these teachings context and ensure our clients remain grounded. We are committed to experiencing respectful and mutually beneficial connection to the cultures we visit.

The combination of intellectual stimulation, physical exertion, creative expression, and spiritual ceremony results in unforgettable moments of spiritual expansion. We believe that our retreats work best when we inspire in our participants a sense of wonder, awe, and delight in being exactly where they are in the present moment.

Transformation and spiritual growth happen naturally when we are encouraged to relax in sacred places; it is more powerful when mind, body, and spirit are marshalled together for the purpose of lasting benefit to oneself and our global community.

Our globally renowned experts from different sacred traditions host events at extraordinary venues that range from breathtaking palaces, venerable institutions, quaint rural stays, and natural stone homes. Old restrictive patterns of self-limitation are gently coaxed to unlock through skillful exposure to sensory delight, often through appreciation of traditional arts, visits to locations of glorious beauty, and exploring delicious local cuisine.

Each one of our events are unique; composed to suit our discerning clients, exceptional hosts, and spectacular locations.

FACULTY



Mavis Gewant, MA, CD, CLC - Sacred Artist, Labor & Postpartum Doula, Birth Educator Mavis Gewant, MA, CD, CLC - Sacred Artist, Labor & Postpartum Doula, Birth Educator has over 30 years' experience as a painter and teacher, in the Harish Johari Tradition. A popular international workshop leader, she teaches a yearly Sacred Painting Workshop in India. Mavis embodies the Sacred Mother, as passionate about the wellbeing of babies and new mothers as she is about her art students. With her calm, gentle presence, during her workshops, she holds space for her students with much compassion and patience. Believing that pregnancy, birth and postpartum is a sacred time, she attended The Santa Barbara Graduate Institute and received a Master's degree in Pre & Perinatal Psychology. She has been facilitating birth healing groups for the past 10 years and was a presenter at the APPPAH/Birth Psychology Conference. Since childhood, Mavis has been creating art and understood that making art took her to a very deep and soulful place. Growing up in a time when being an artist wasn't considered a mainstream career, Mavis listened to her inner voice and pursued going to art school in New York City. She attended the School of Visual Arts and later got a BA in Visual Arts from SUNY Empire State College. In her early 20's she met author and artist, Harish Johari and began a 20-year apprenticeship with him in Sacred Art. He taught her how to paint Yantras, geometric energy pieces; deity painting and mandalas, which deepened her connection between the divine, sacred and creativity. He told her she must teach, as that is her path. As a professional artist, she has mastered the Harish Johari Wash Painting Technique, a multi-layered approach using watercolor and gouache, and incorporates this style into her work.

A popular teacher, dedicating her life to teaching this to others, she is passionate about sharing the benefits of this healing and transformative artform. She runs a yearly Sacred Painting trip to her teacher's family home in Haridwar, India, as well as

international retreats. Her work is featured in private collections worldwide and numerous books including, The Planet Meditation Kit, Harish Johari, The Labyrinth of Birth, Pam England and The Practice of Nada Yoga, Baird Hersey, to name a few. Her own Planet Mandala Coloring book for adults was released in 2016. Her most recent tour through Mystic Art Retreats involved visiting powerful temples, making the Hanuman Yantra and was called "Heart of Hanuman"



Payal Barua: Payal Barua is an Integrative Nutrition Health coach, speaker and mentor helping clients with gut & hormone health, metabolic health, weight loss, fertility, menstrual health as well as autoimmune conditions. She especially focuses on bringing awareness of body – how stress hormones and mindset effect our lifestyle choices. She firmly believes that what we feed our mind (meditation, positive psychology, philosophy) and our body (nutrition & exercise) determines our wellbeing, one cannot exist without the other. She helps people achieve their health goals in two specially designed programs. The first program has 12 sessions covering daily lifestyle, understanding how the human body functions & responds to diet, mindset & lifestyle, and nutrition coaching program.

The second program is focused on brain health and understanding neuro-hormonal pathways to make the necessary transformation. She is a formally certified Hatha Yoga teacher by the Sivananda Yoga

Vedanta, France 2016. She has received multiple trainings in yoga for people with injuries, disabilities, seniors as well as prenatal yoga. She can teach in both French and English. She has taught yoga in Paris, India and in Dubai and has private health coaching clients from Denmark, Chile, India, Lebanon, India and in Dubai. Her passion for health – physical and mental wellbeing, stems from her experience raising a special needs child. Until 2012, Payal ran a successful fashion import and export business in Paris, France. After the traumatic birth of her son, she changed life directions, with the realization that a ‘happy person is also a healthy person’ and that health is the vehicle to fulfill our dreams. Payal aids individuals in improving their health and vitality by addressing unique physiological and mental needs.

VENUE

KAYANI WELLNESS



Keyani Wellness is a holistic wellness center located in the heart of Al Manara, Dubai, established in 2021 to meet the growing and evolving wellness needs of the UAE community. Founded by psychologist Linda Sakr, Keyani aims to provide a sanctuary for healing and growth, focusing on treating the whole person-physically, emotionally, mentally, socially, spiritually, and financially. The name "Keyani" has roots in Arabic, Farsi, and Urdu, meaning essence, existence, completeness, fulfillment, and good

nature, reflecting the center's mission to help individuals achieve holistic well-being.

Keyani offers a wide range of services including psychotherapy, hypnotherapy, acupuncture, kinesiology, nutrition, structural integration, craniosacral therapy, coaching, reiki, meditation, and yoga. Beyond therapy, Keyani Wellness hosts workshops and events (over 850 in 2.5 years) to foster community learning and healing, supported by both local and international practitioners. The center also features a pet-friendly café with vegan and gluten-free options and a shop for local handmade products, creating a relaxing and inclusive environment. Keyani emphasizes conscious living-encouraging clients to live with intention, purpose, and authenticity-and supports wellness for all ages, including specialized mindfulness workshops for children.

