

Togodoo Workshop

Connecting with Self & Larger Circles

What is Togodoo?

Known by such names as mandala, wheel of life, and medicine wheel, the Togodoo is a visible manifestation of the ever-changing cycles of connection within the tribe and within nature. The mythic images of the people and their primal stories are interwoven into the Togodoo and are expressed through various forms of artistry, sacred and social. Ewe tradition says, "The Universe is Round. Look therefore into the Round."

We choose natural and sacred objects to represent our feelings and needs, our collective dreams and aspirations, our essential interconnectedness in the moment, and to mindfully place them in the living, breathing circle of the Togodoo. The process of unveiling the Togodoo inspires magic in the psyche of the participants, giving members of the group the opportunity to transcend the personal and to experience connection on a primal level.

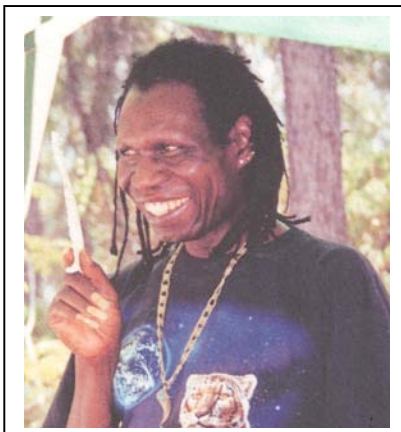


When: Saturday, October 29, 2011 10am-3pm

Where: NVC Santa Cruz 225 Rooney St, Santa Cruz 95065

Suggested Donation: \$45

To Register: 831-440-8979 or nvcsantacruz.org/mandala



with Moses Yao ~ Togodoo.org

Moses Yao was born into the Ewe Tribe of Ghana, West Africa, and in his youth learned the ancient traditions of his people, including the traditional spiritual practice of mandala-making known as the "Togodoo." He went on to receive degrees in western theology, philosophy, and psychology in Ghana and the US. His work integrates traditional and modern spirituality and psychology. Yao facilitates the revelation of Togodoo with individuals and groups of all kinds, including schools and colleges, groups of coworkers, families, and communities.