

HAND-PAINTED MANDALA YOGA MAT

Yoga and meditation are good for your body and your mind. You may as well have a beautiful yoga mat beneath you while you practice. This painted yoga mat looks intricate but is actually composed of very simple shapes that anyone can create. It's the repetition of the shapes that creates such a beautiful result. The bonus of this project is that the actual process of painting a mandala like this is meditative and relaxing. It's got self-care built right in!

MATERIALS

- ☐ Pencil
- ☐ String
- ☐ Yoga mat
- ☐ Washable marker
- ☐ Acrylic paint (*craft or artist-grade paints work fine*)
- ☐ Paintbrush
- ☐ Paper towel



This project is a marriage of art and math. Bisecting angles at each step of the design process make the mandala's symmetry possible. Drawing the circle guides with the homemade compass requires an understanding of circle radius. Love of mathematics and love of art are not as opposite as they may seem!

Teachable
Moment



Fig. 1: Tie a string around a pencil.

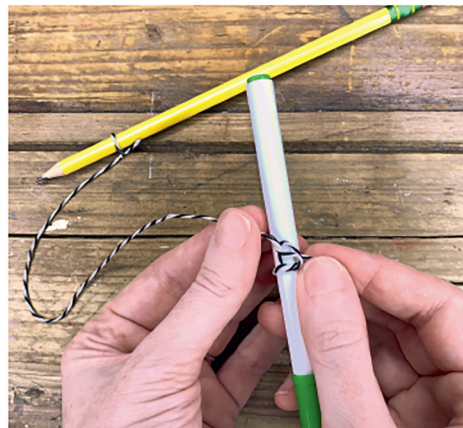


Fig. 2: Tie the other end of the string to a marker.

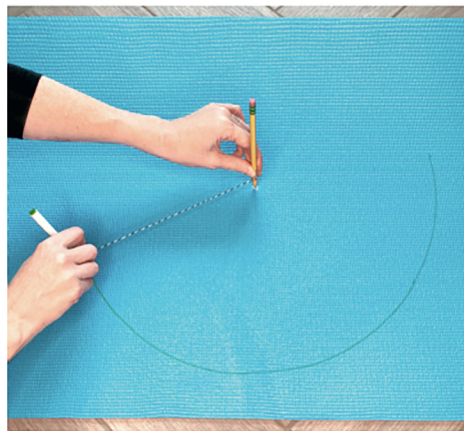


Fig. 3: Draw a circle.

1. Knot some string around a sharpened pencil, which will serve as the anchor for your compass (fig. 1).

2. Snip your string to about half the width of the yoga mat. Then tie the loose end to a washable marker (fig. 2). Choose a color similar to the yoga mat color so it isn't too noticeable. Note: The amount of string that is used to tie on the marker will shorten the string a little. That's perfect. You want the largest circle you draw to be an inch or two (a few centimeters) narrower than the mat.

3. Place the tip of the pencil exactly in the center of the yoga mat. You may need a helper to keep it steady as you extend the string and draw a circle with your homemade compass (fig. 3).

(continued)

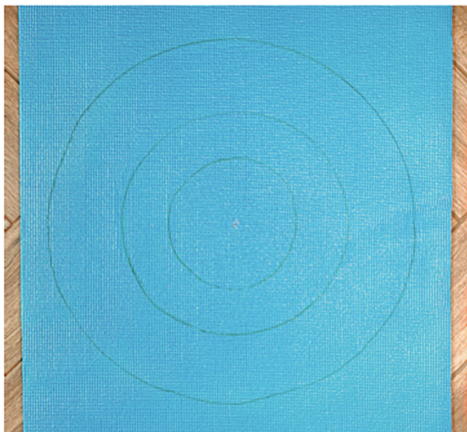


Fig. 4: Draw two smaller circles.

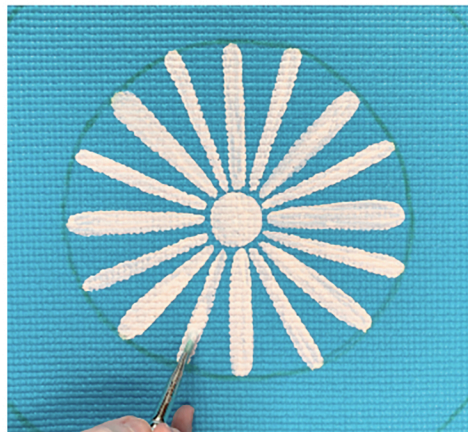


Fig. 5: Paint the center flower.

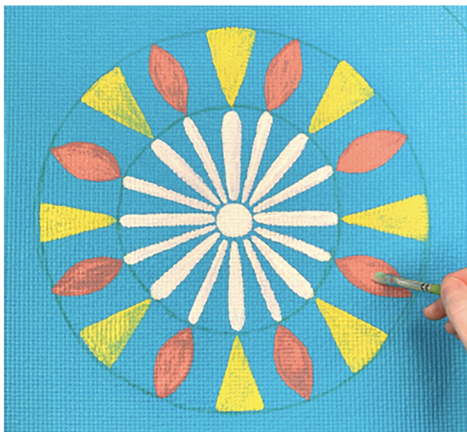


Fig. 6: Paint the second row of designs.

4. Shorten the string about 3" (7.5 cm) and draw a circle, then shorten it again by 3" (7.5 cm) and draw another circle (fig. 4). You don't need to be exact. The circle guides will just help your mandala stay symmetrical.

5. Paint a dot in the center. Then add slim petals like a daisy, filling the smallest circle (fig. 5). It's easy to keep spacing consistent if you paint the first four petals like a cross, two vertical and two horizontal. Paint the next set of petals in the center of the remaining spaces, and so on.

6. Paint triangles using the middle circle guide. Think of a clock face and paint them at 12, 3, 6, and 9. Then add four more, centered in the spaces left behind. Finally, add petal/football shapes in a different color between the triangles (fig. 6).



Fig. 7: Paint the third row of designs.

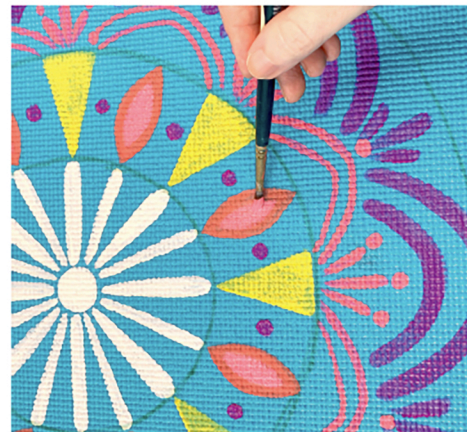


Fig. 8: Add finishing touches.

7. Paint arches like a rainbow from triangle to triangle. Add three brushstrokes between the arches as shown (fig. 7). Then pick another color and paint another set of arches over those little brushstrokes. Finish with more little brushstrokes between the second set of arches.

8. Jazz up your design any way you like (fig. 8). Paint centers in the pink petals. Add dots in the second row. Use your creativity here!

9. Once the paint is fully dry, dampen a paper towel and wipe off the circle guides (fig. 9).

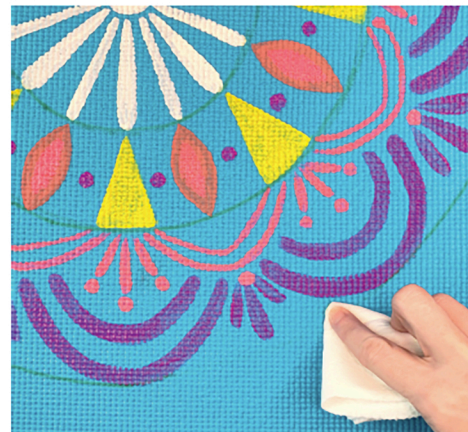


Fig. 9: Wipe off the marker guides.

Share your work with
#QUARTOCLASSROOM



www.quartoknows.com/blog/quarto-classroom