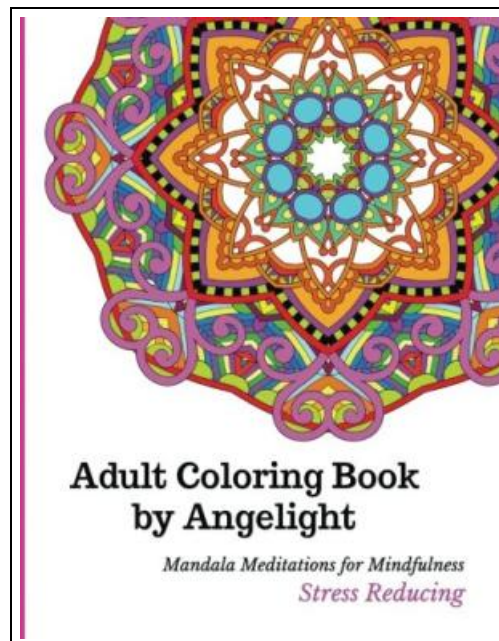


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Reviews

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ADULT COLORING BOOK BY ANGELIGHT: MANDALA MEDITATIONS FOR MINDFULNESS STRESS REDUCING

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Adult Coloring Book by Angelight features 46 beautifully illustrated relaxing Mandala Patterns to soothe the spirit and calm the mind. Each Mandala is printed on one side of the page to maximize the artist experience and allow artists to cut and frame the designs they like. The Mandalas in this book are detailed clean line drawings (just like the front cover) that are beautifully arranged into balanced symmetrical Mandala patterns. Each design evokes a simple stress free experience for the artist. Every Mandala is suitable for children, adults, moms, dads, grandparents, daughters, sons, newbies and experienced or advanced artists. There are literally hours of creative enjoyment and mindful practice as your worries melt away calming the mind with each thoughtful illustration. Angelight also invites you to join our free meditation lessons with the author Gayle Atherton who is an experienced meditation teacher of more than 30 years. She is well known for her dreamy guided meditations. You will be able to meditate and color to your hearts content There s something very satisfying about creating beautiful artwork that doesn t have to go anywhere or be anything other than what it means for the creator and adult coloring books certainly fit this bill. Coloring helps us to release stress, anger, etc. It s even known to help relieve post traumatic stress disorder. As we color away we are magically reducing the effects of stress upon the body and mind. We invite you to join us!

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