

# The Meditative Mandalas Colouring Book

Beverley Lawson



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Mandala patterns are great for colouring in, de-stressing and trying out your own colour scheme. Whether you're colouring in calming mandala flowers, or completing an intricate mandala design, The Meditative Mandala Colouring Book will help you relax and practise mindfulness. With over 120 stunning designs to colour, this adult activity book is the perfect gift for anyone who needs to unwind and is a fantastic source of inspiration for anyone looking to create their own designs.



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