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Tranquility Mandalas: Colouring Book (MauindiArts Tranquility Mandalas) (Volume 4)

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MauindiArts Tranquility Mandalas : Adult Colouring Book - Volume 4

contains 50 one-sided mandala prints to colour in a 8.5 inch square book.

Each print in this book has been created using hand drawn elements incorporating many hours of thought and consideration. Prints range from simple and relaxing to intricate and focused.

Colouring is a wonderful pastime at any age and is particularly good for adults who wish to combat stress and anxiety. Colouring is a fulfilling way to relax, reflect and re-focus your energies through creative meditation.

We hope you enjoy many hours of colouring and relaxation with this book.

We recommend using pencils or crayons in this book for best results. If you would like to use pens or markers, we suggest putting a blank sheet behind the page you are colouring to prevent bleeding.

Adult Coloring, Coloring Book, Art Therapy, Grown Up Coloring Book, Mandala Coloring book

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