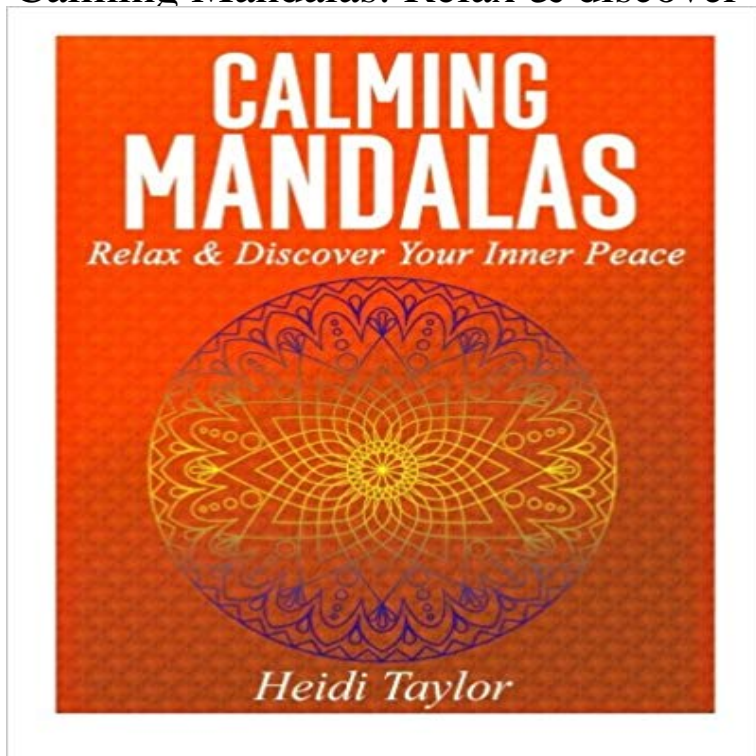


Calming Mandalas: Relax & discover your inner peace



Considering the mandalas ancient roots and its use in indigenous practices around the planet, you begin to be aware of why it is such a part of our planetary culture. Within a mandalas circular shape, it has the power to balance the bodys energies, promote relaxation, support healing and enhance your creativity. The great news is you can achieve all of these benefits while having fun with your mandala coloring pages. This book contains 110 mandala patterns which convey geometric shapes with no beginnings and no ends and from which all things are possible, unleashing and acknowledging your own creative potentials.

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