



## Coloring Flower Mandala Postcards

By Wendy Piersall

Perseus Distribution Mrz 2016, 2016. Taschenbuch. Condition: Neu. Neuware - Attain focus, clarity, and peace while creating colorful mail-ready postcards perfect for sharing with friends and family. Coloring intricate patterns to relieve stress has become wildly popular with adults all across America. But when it comes to choosing a design to color, nothing beats the original concept of a mandala. From the Sanskrit word for 'circle,' these repetitive and hypnotic patterns have been used for meditation and healing for thousands of years. Now, this handy collection of floral designed mandalas makes it easy to share your personal coloring creations by offering the unfinished artwork on a tear-and-mail postcard. These postcard mandalas incorporate the beauty of the garden-including roses, hydrangeas, tulips, and sunflowers-into the intricate designs for card after card of coloring bliss. Coloring these beautiful, mystical shapes is a meditative and enjoyable way to relax and a fun way to achieve a state of mindfulness. It also fosters creativity, reduces stress, and allows you to embrace their inner child by focusing on the simple but engaging task of coloring in the detailed designs. 20 pp. Englisch.



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