

The Mandala Meditation Coloring book is the perfect introduction to mindfulness coloring, suitable for all ages. Filled with calming shapes and patterns that are a joy to color, this book will help to enhance a peaceful sense of well-being whilst encouraging concentration skills and mindfulness. Created by an experienced teacher who has been teaching mindfulness to children for years. The whole book has been designed so that every page can be removed for framing or display. This feature helps to develop mindfulness and a sense of pride in the coloring for the child. If you are looking for a unique, calming coloring experience that is suitable for both boys and girls then Mindfulness Coloring Book is the book for you.

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