



Yoga and meditation coloring book for adults: With Yoga Poses and Mandalas (Arts On Coloring Books) (Volume 1)

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“*Yoga and meditation Coloring book for adults - With Yoga Poses and Mandalas*” is an original coloring book for adults and smart children. Featuring beautiful detailed designs, this book is designed to help you unwind, relax and to stimulate your creativity.

The detailed designs in the book feature human figures in various yoga poses as well as intricate mandalas. You will have the opportunity to color delicate and detailed human figures depicted during yoga, elaborated mandala designs and Indian symbols guaranteed to bring you mental calm and stress-relief.

The activity of coloring has been shown to reduce stress by helping people to find peace and making them feel relaxed and comfortable. Coloring books have therapeutic benefits sifting attention from stress and problems to calm feelings.

Inspiring, challenging and relaxing this adult coloring book is an effective way to have fun and escape the daily routine. Free your creative side and bring color in your life with this exciting new coloring book!



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