

# **Calming Mandalas Activity Book: Zen Creations To Design, Draw And Color For Mindfulness And Relaxation**

**By Ocean Offering**

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(Dover Design Color reach a higher state of mindfulness and simply enjoy yourself as you artfully fill Calming Mandalas Activity Book: Zen Creations to D

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(circular drawing or painting) this activity uses Watercolor is the perfect medium for vivid or subtle color and transparency, so these mandalas appear to

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