



Harmony and Relaxation with Mandalas

ab 8 years

120 Pages, 170 x 220 cm

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Paperback

Mandalas to Dream Away!

Coloring mandalas has a proven positive effect on body and mind. It sparks creativity and focus, soothes the senses, and helps reduce stress. This coloring book includes 60 intricate designs that invite children and adults to relax and recharge – one colorful pause at a time.

- 60 beautifully designed Mandalas with colored Backgrounds
- A creative Activity for Kids aged 8+ and Adults alike
- Promotes Relaxation and Mindfulness in everyday Life