



## Peace and Relaxation with Mandalas

### 60 motifs for children and adults

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120 Pages, 17.0 x 22.0 cm

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## Story

### Painting for the soul

Do you want to relax and love being creative? Then grab this colouring book and a few pencils, take some time for yourself and colour in your favourite mandalas. Do something good for yourself and calm down!

### Your mandala colouring break

- **60 intricate mandalas** with colourful backgrounds
- Creative activity for **children aged 8 and over and adults**
- **Imaginative alternative** to smartphone, Netflix and co.

- Helps to **relax and switch off** from stressful everyday life
  
- Mandala colouring book **for young and old**