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Meditation Mandala Coloring Book Designs

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Meditation Mandalas Volume #1 features a variety of beautiful mandala designs.

This particular book features 25+ mandalas designed to help you relax and be in meditative state as you color. Mandala designs in particular are great for meditation and relaxation because they help your mind calm down. The mesmerizing design mimics the shapes in nature as they weave together in various patterns. This is why mandala coloring books are some of the most popular coloring books around. These books are great for small children, kids, teens, adults and Alzheimer's patients.

PLEASE NOTE: The designs are printed on one side so you can tear out the pages and hang up your designs. Colored pencils and crayons work best, but you can use markers if you like. Keep in mind that some markers may bleed through the page, so we recommend putting a thick piece of paper behind designs that you'd like to color with markers.

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