

(Free pdf) Mini Mandalas

## Mini Mandalas

*Lunar Fox*

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**Lunar Fox : Mini Mandalas** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mini Mandalas:

De-stress and relax your mind! Mini mandalas is a coloring book featuring 50 small, hand-drawn mandalas. The mandala is a spiritual symbol, often representing the universe. Even though the mandalas in this book are petite, they are not without power. 50 simple illustrations Unique, hand-drawn mandalas Single sided printing For adults and children Pick your favorite art supplies, colors, and open your mind - you will find the answer you are looking for. You can express your feelings, creativity, and ideas with any color you are drawn to. However, when you don't know which color to choose, you can find some help in the simple color chart. It takes from 15 to 20 minutes to color each mandala - which is perfect for work and study breaks or anytime you want to relax your mind. The book offers you 14 hours of relaxation and de-stress through coloring. You also get three extra pages to create your own mandalas.