



Amazing Mandalas: Adult Colouring for Relaxation (Volume 2)

J Benson

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Mandalas are patterns with therapeutic value, used for centuries by Buddhists and other groups for meditation and to help reach a state of relaxation.

Amazing Mandalas contains twenty such Mandalas, designed specifically to help achieve a state of relaxation. Colour them in with a pen or pencil to help find your own state of inner peace and tranquility.

Accompanying each Mandala is a thought provoking message. These are optional, but provide something to ponder upon whilst colouring if desired.

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