

Zen Doodles  
by Catherine

Mindful Moments  
Colouring Book



# Zen Doodles by Catherine

Mindfulness colouring is a great way of relaxing and focusing on the present moment. It is both therapeutic and calming and has been shown to reduce stress and anxiety.

It is fun for both adults and children, it improves focus and motor skills, encourages creativity, and provides a sense of satisfaction.

Here is a collection of Zen Doodles and Mandalas for you to colour.

You might prefer to simply ink with a black pen, or colour in any way you choose, using crayons, coloured pencils, felt-tips, or whatever you like!

As long as you're enjoying yourself, you are doing it right.

Feel free to decorate the cover too!

I would love to see your finished pieces, so if you post them on Facebook or Instagram, please tag me @catherinebrown666 and use the hashtag #ZenDoodlesByCatherine

For more free designs visit [ZenDoodlesByCatherine.com](http://ZenDoodlesByCatherine.com)

Have fun!

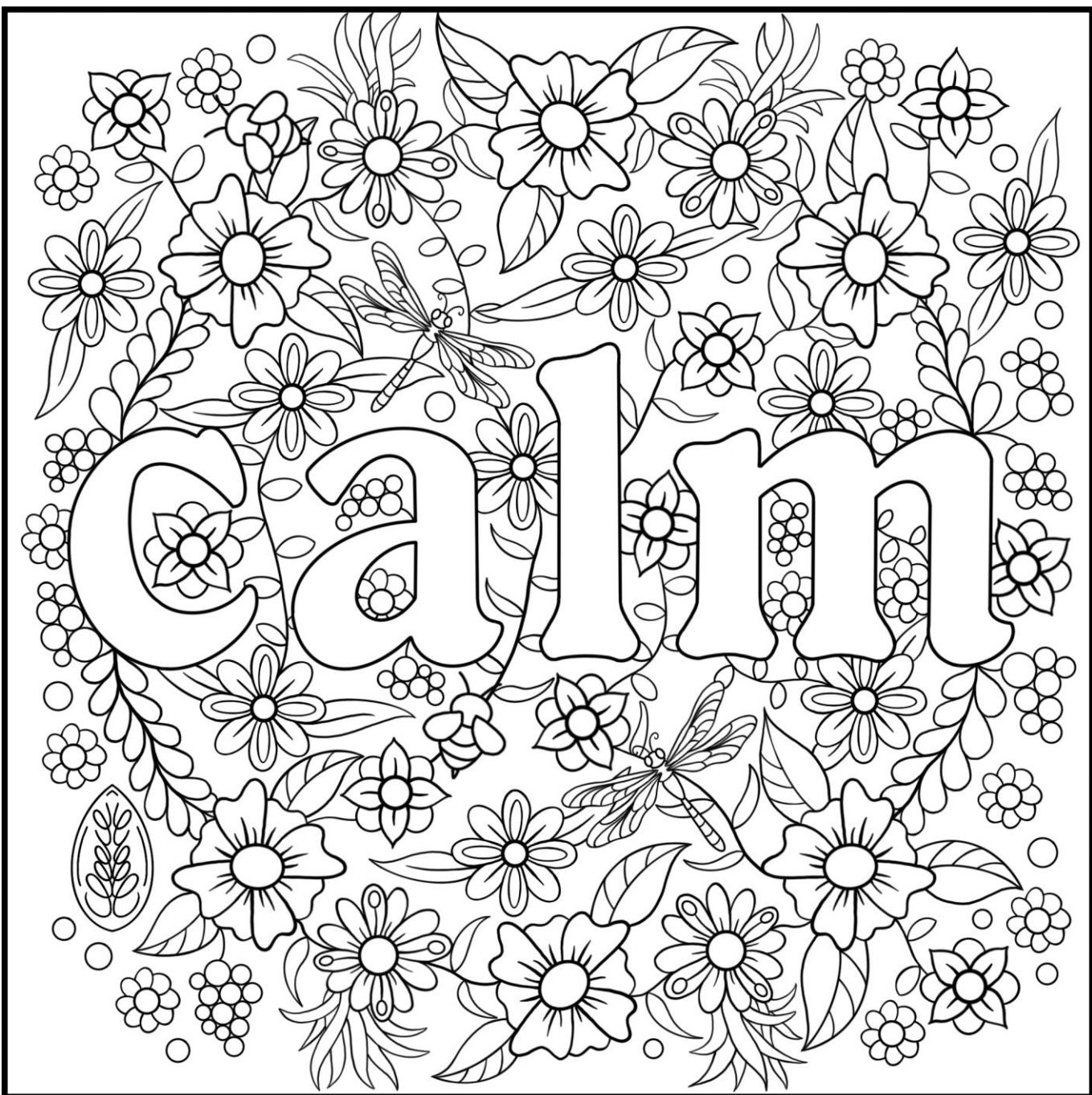
- Catherine

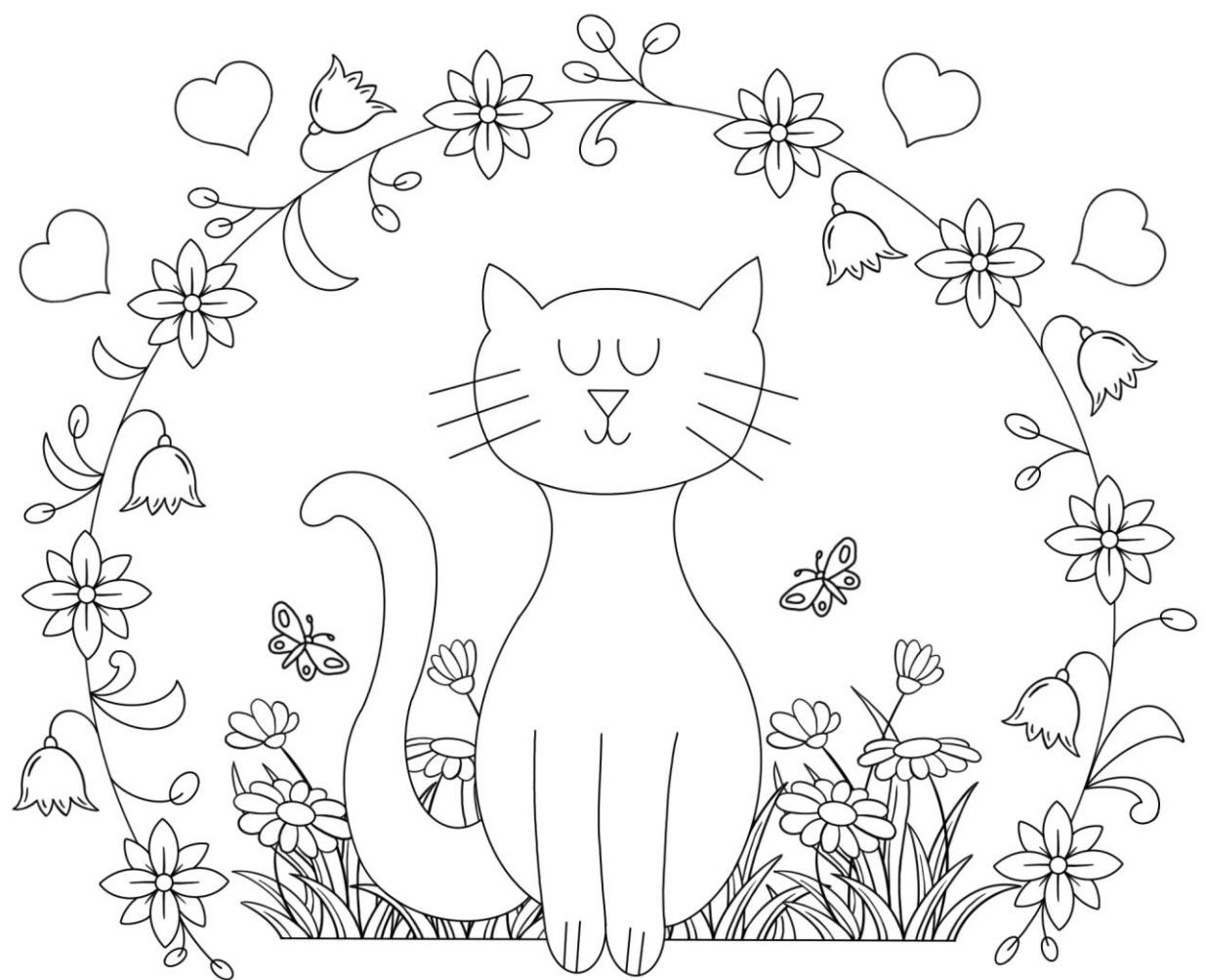
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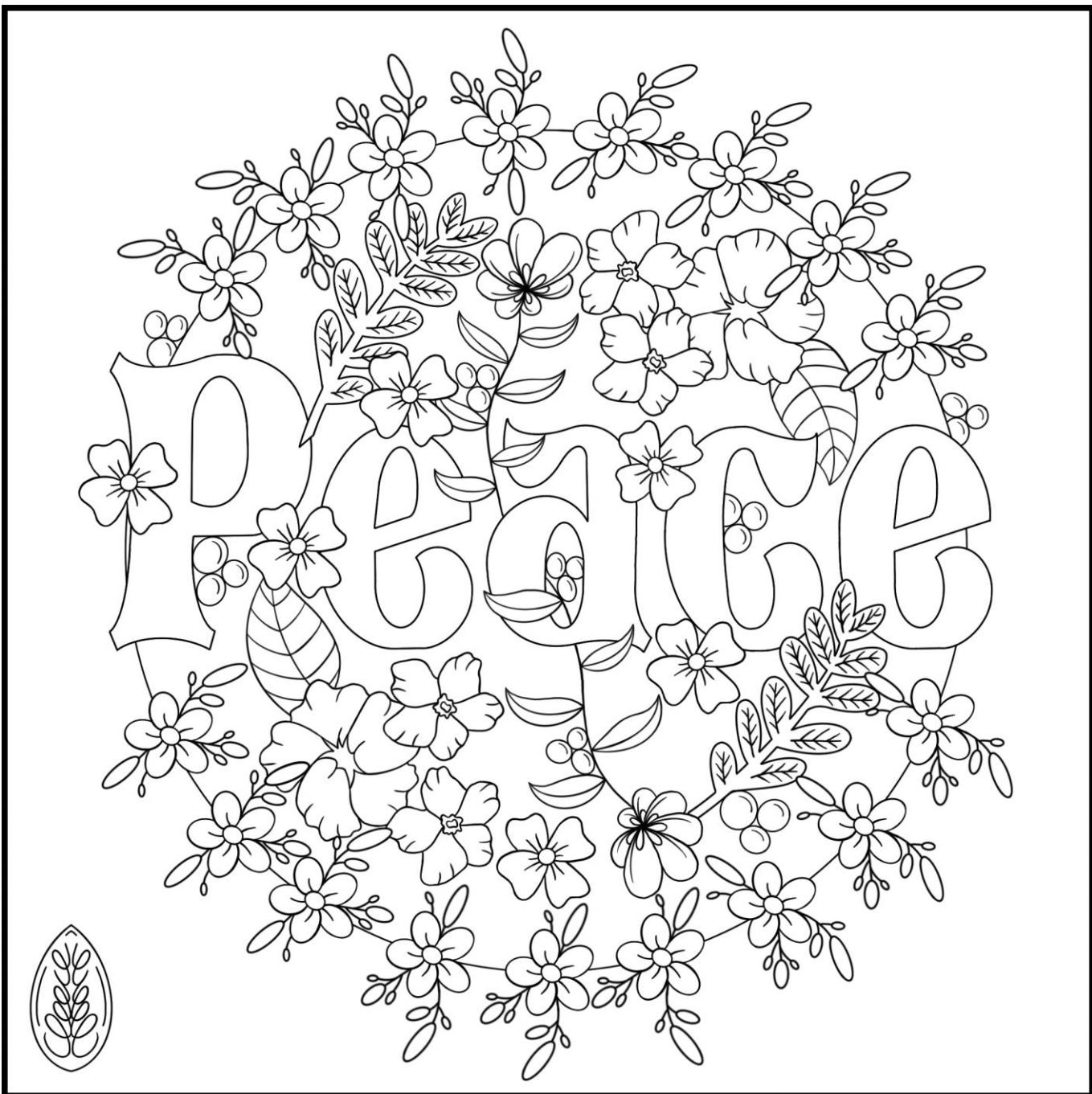
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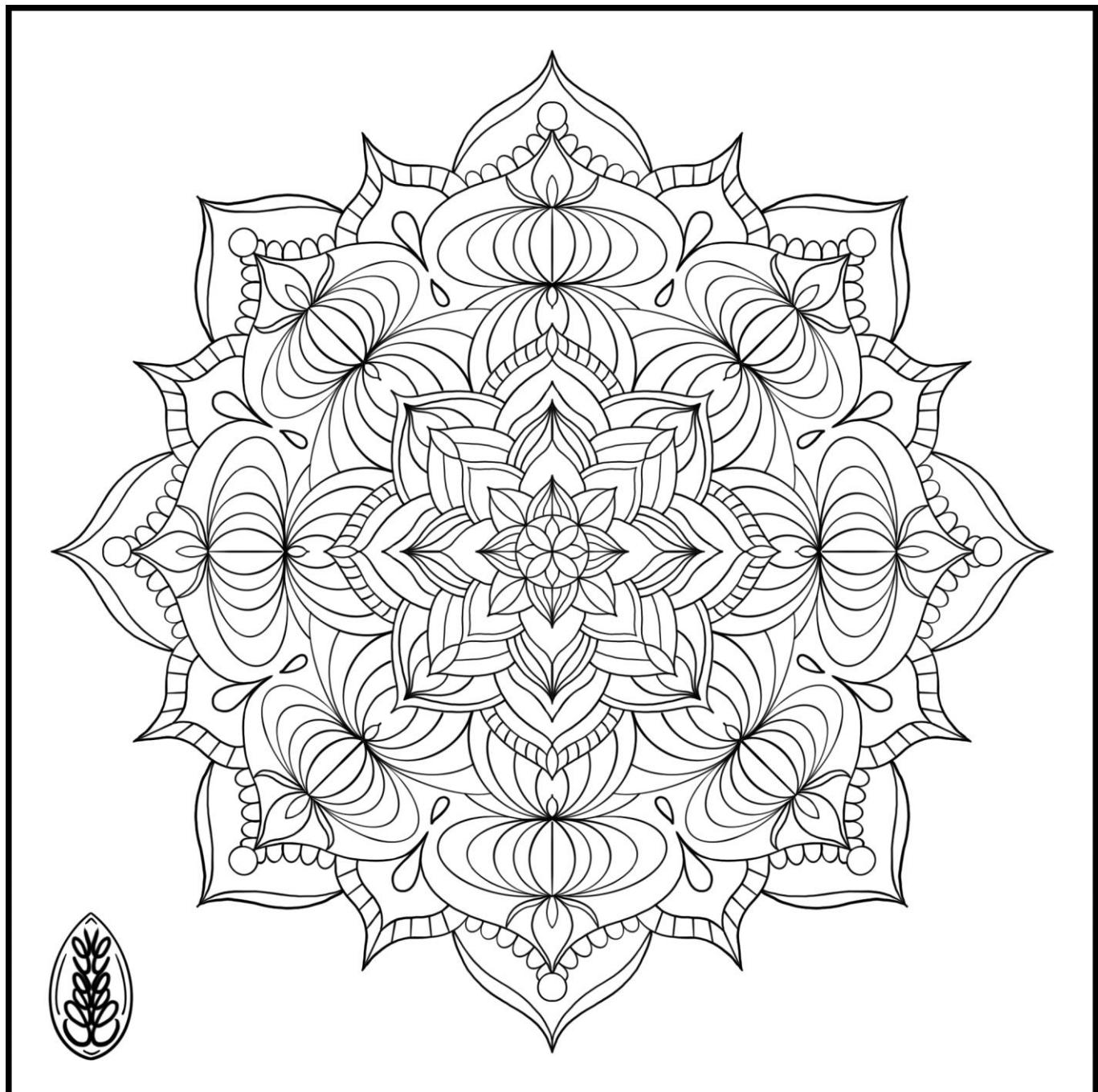
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Be Mindful

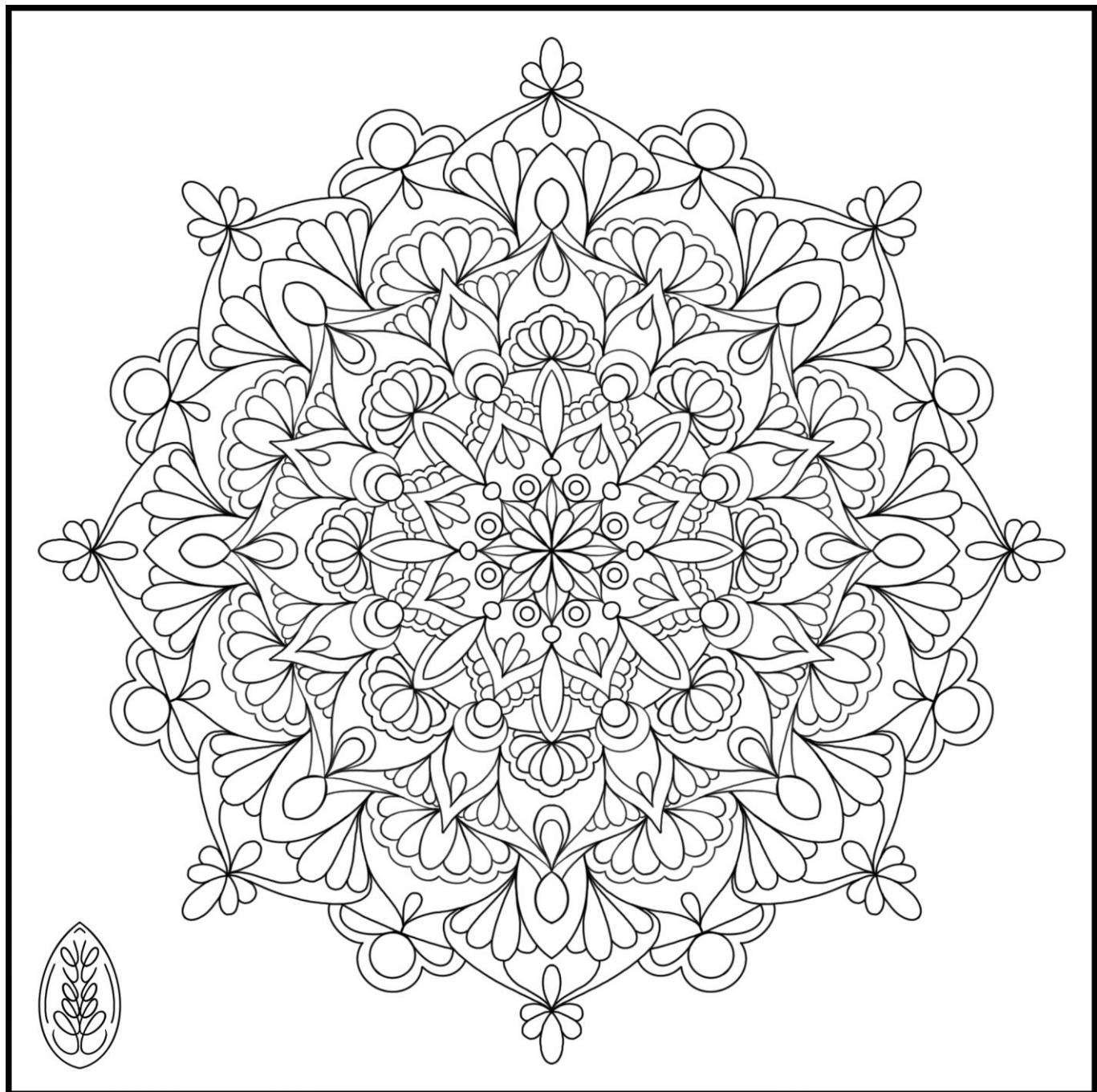


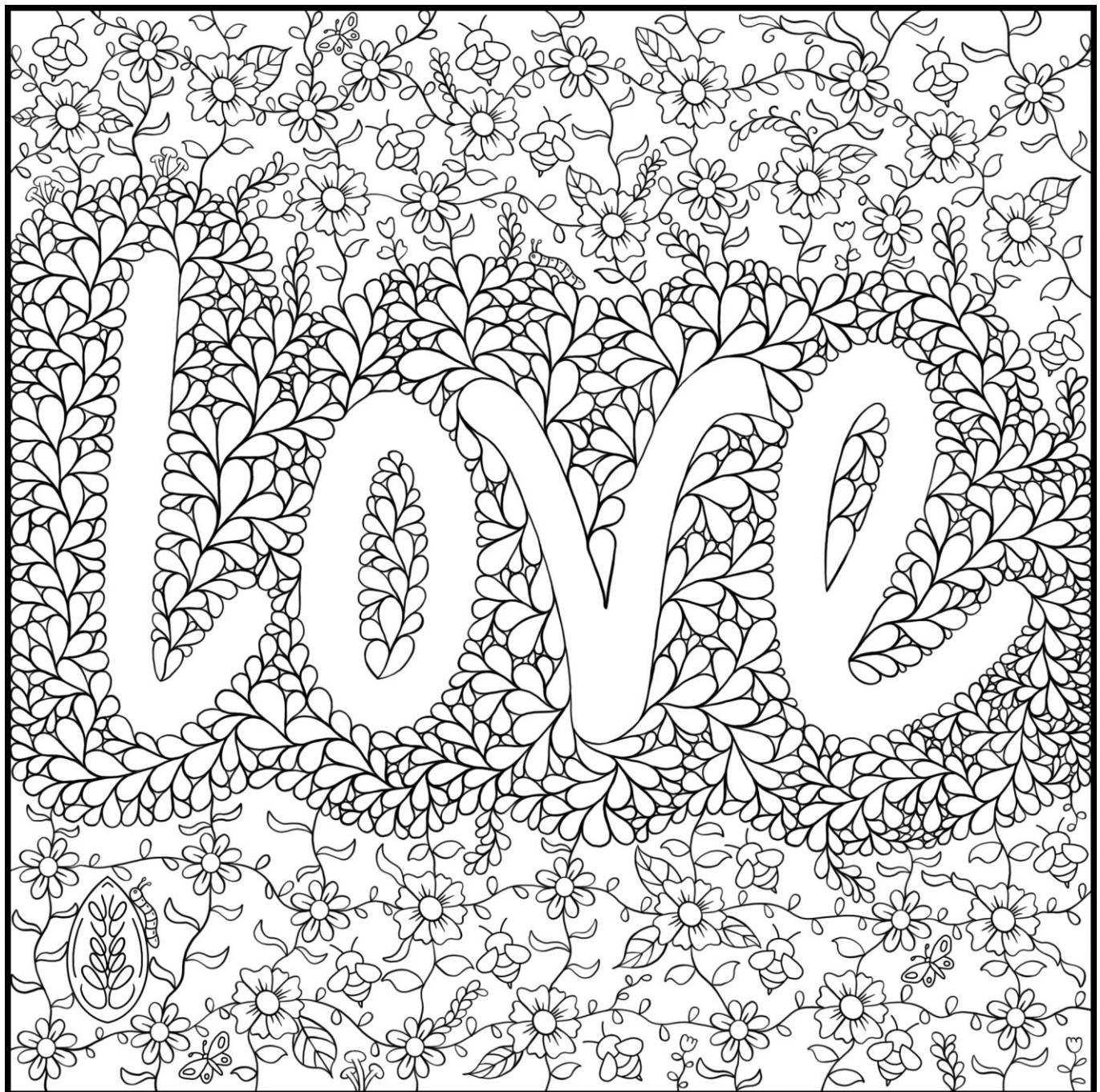


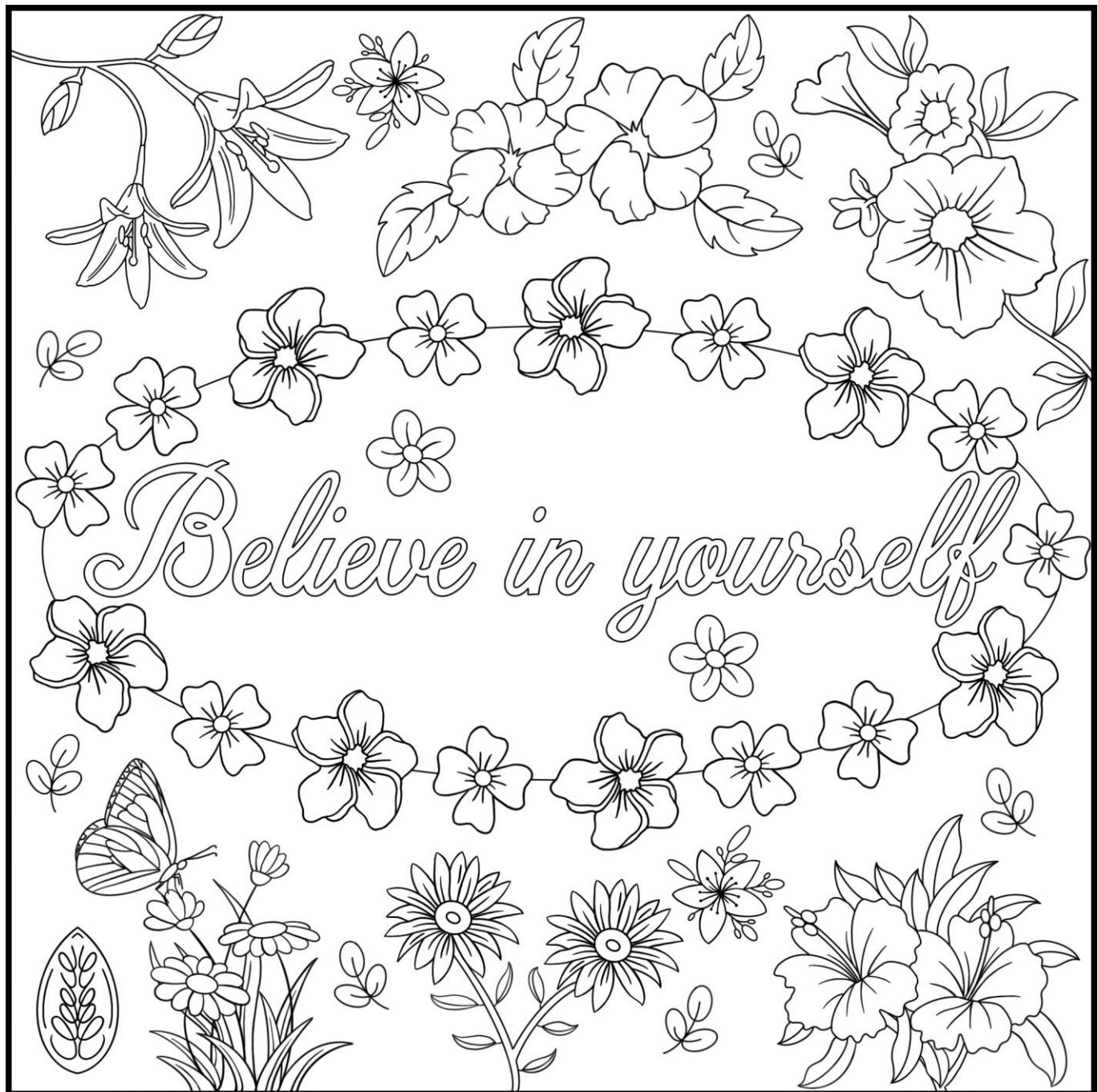


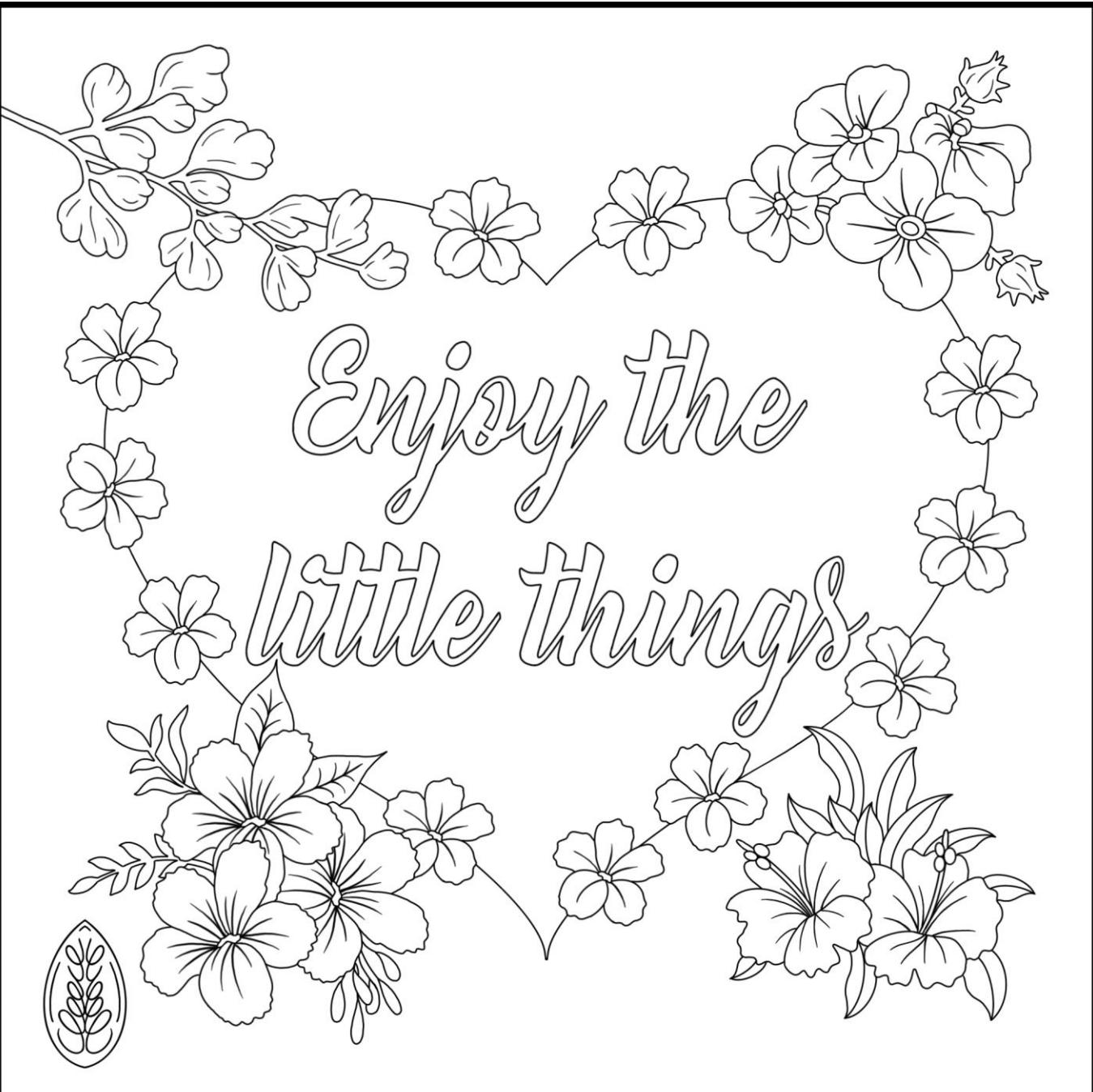




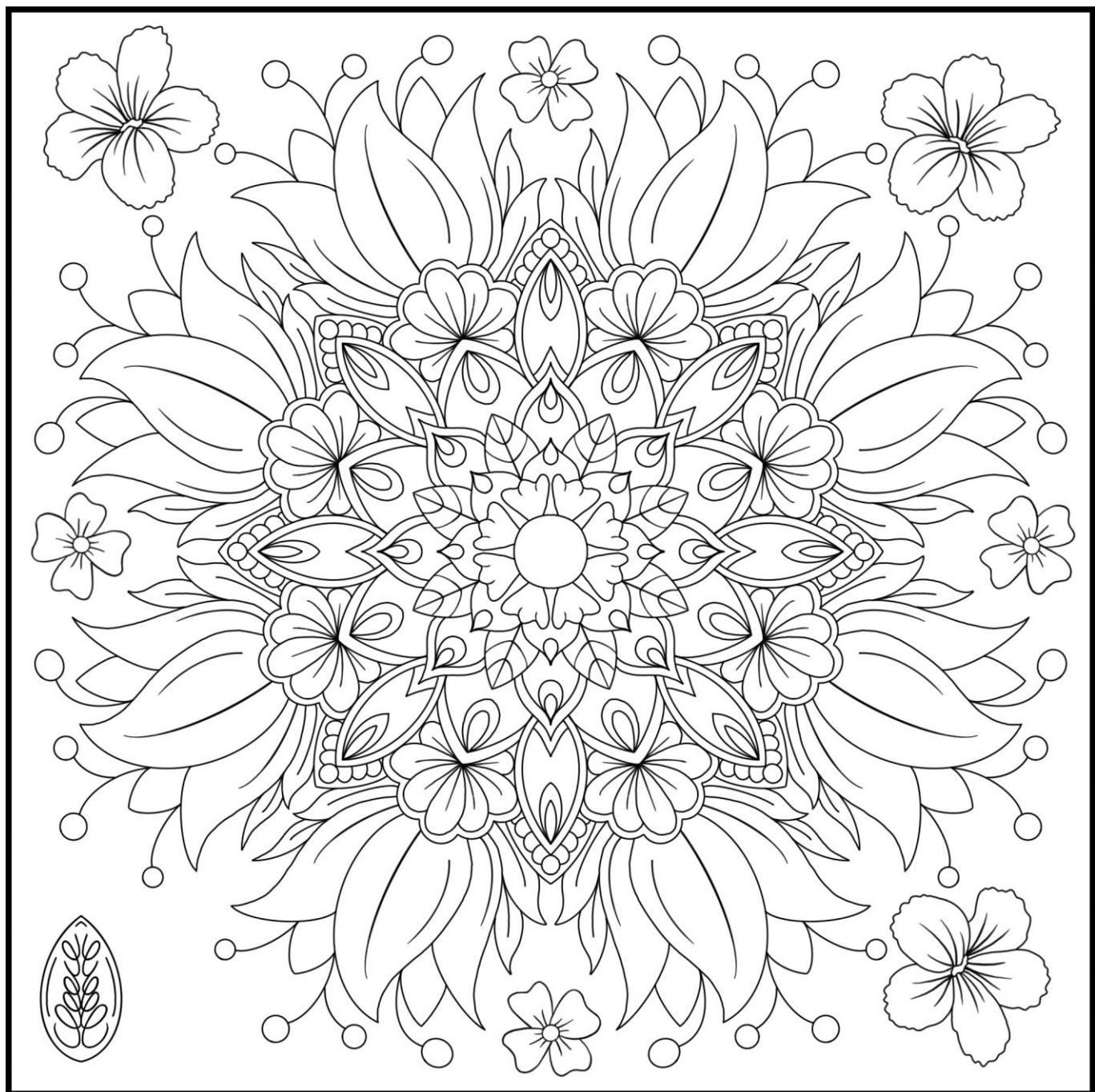








*Enjoy the  
little things*



Find your  

Happy Place

