



## Geometric Mindfulness Colouring Book: Relax, Unwind and Refocus - Mindfulness Art Therapy

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By The Future Teacher Foundation

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Geometric Mindfulness Colouring Book will relax, unwind and refocus your mind. Throughout this book, a wide variety of calming geometric shapes and patterns are displayed for you to colour. Also included are a set of practical mindfulness tips for everyday life, that you can start using straightaway to improve your daily mindfulness and well-being. The book is designed to allow you to remove pages for framing if you wish. If you do not wish to remove and frame your colouring, then the space can be used to express your own creativity with mindful drawing and colouring. Contains optical illusions, sacred geometry, mandalas and fractal patterns to create a tranquil mixture of opportunities for achieving a state of mindful awareness, rooted in the present moment. If you are looking for a new and varied mindfulness colouring book experience, then Geometric Mindfulness Colouring Book is for you.



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