



Celtic Mandala Coloring Book for Calm and Zen Relaxation: Doodling Drawing Sketching Colouring as Meditation & Visualization Techniques (Doodles Art ... Sketchbooks Diaries and Journals) (Volume 1)

Buffy Naillon

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Click on the image of the back cover to see a sample of some of the mandalas in this book.

Get out your pencils and delve deeply into the solitude of these intricate Celtic mandalas. Colorists and Celtic mandala lovers everywhere will love the peaceful sense of well-being they experience within these pages. The 30 mandala designs in this coloring book plus the 15 sketchbook pages celebrate the ancient wisdom and beauty of the Celts. Line by line, color after color, a more stress-free state replaces feelings of anxiety and stress to help you transform you until you feel calm and at peace. In the process, these simple line drawings, become beautiful keepsake pieces of art for you to enjoy or to share with others. And the journal pages serve as a reminder of where you've been and where you're going.

This book was created by a sketchbook artist with the coloring enthusiast and sketchbooker in mind. Artists from young adult on up will enjoy coloring these images or drawing their own on the blank journal pages in the back. Get out your art markers and colored pencils and get lost in the realm of the Celtic goddess.

Each design is on one side of the page only. They're good for both beginner and adult colorists and sketchbook artists.



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