

GIVE *everyday* THE
CHANCE TO BECOME
THE MOST BEAUTIFUL
OF YOUR *life*

Mark Twain.



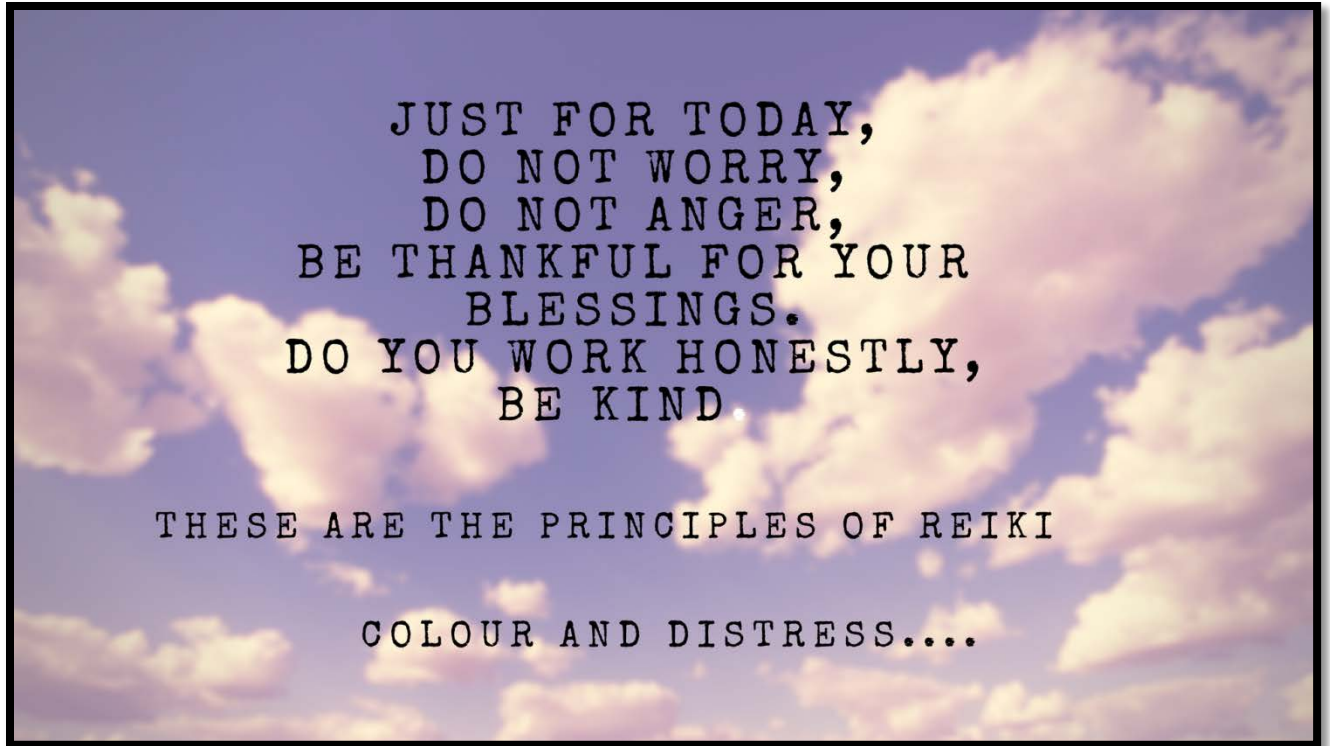
Distress worksheet- Mandala colouring

Lorena Balea-Raitz



“Art washes away from the soul, the dust from everyday life.”

Picasso



Enjoy the coloring sheet

Easy to print out and brighten your day!

Mandala means circle in Sanskrit and is great for meditation, prayer, healing and art therapy.

Coloring a Mandala reduces stress and pain, lower blood pressure, promote sleep and ease depression as well as gives the immune system a boost.

I hope you like this modern Version of a Mandala.

It is made like this, so it can be introduced into an Art Journal.

Add notes if needed!

Thank you

XO,

Lorena

