



# **Blooming Meditations - Relaxation Through Coloring: Blossoming Transformations & Designs for All Ages**

*Shelah Dow*

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Designed for relaxing coloring at all ages, this book contains 46 unique designs that are based in patterns and bursts of a floral nature. The artwork holds organic kaleidoscope designs with varying levels of complexity.

Most of the images in this book are like flowers blossoming and have been created from design manipulations of fairy and dragon wings, or the tails of mermaids. This gives these images a unique feel.

If you love mandalas, but wouldn't mind a break to try something else, or just love different kinds of patterns to color, this book is for you. The artwork has a zen feel, providing an escape from the stress of daily life. Coloring can be used in conjunction with art therapy and these designs are great for adults and children alike.

Included extra blotter pages in the back that you can put between your work in progress and the page behind it.

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