



Persian: 50 designs to help you de-stress (Coloring for MIndfulness)

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How can you shake off everyday worries? Let the magic of the East transport you to a world of a thousand and one colours and lose yourself in all the little details of colouring in. These 50 designs include geometric and ornamental shapes, arabesques, scrolls and much more. Simply choose a design at random and make a start. There are no rules - you can use felt tips, pencils, gouache, pastels...As you concentrate on the action of colouring you'll find your mind clearing and calm returning. Just 5-10 minutes a day of colouring is enough to encourage mindfulness.

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