

# **Yoga Coloring Relieving Retreat**

Lana Karr,Olga Dee

# **Yoga Coloring Relieving Retreat:**

Yoga Coloring Book: Stress Relieving Yoga Retreat Yoga Coloring, 2015-12-02 Yoga Coloring Book This coloring book contains 20 Yoga Pose images for your coloring enjoyment Create colorful energy spheres in the depths of the secret Yoga retreat Provides many hours of stress relief mindful calm and a fun artistic experience Each picture is printed on its own page so there are no worries of bleed through or smudging Join millions of people the world over who are rediscovering the relaxing enjoyment of coloring Come on in Stress Relieving Yoga Retreat & Disco Fever (Coloring Book) Yoga Coloring, Becky Chase, 2015-12-17 Two Coloring Books In One Stress Relieving Yoga Retreat Disco Fever This double book contains lots of unique images for your coloring enjoyment Provides many hours of stress relief mindful calm and a fun artistic experience Each picture is printed on its own page so there are no worries of bleed through or smudging Join millions of people the world over who are rediscovering the relaxing enjoyment of coloring **Yoga - an Adult Coloring Book** Penelope Pewter, Adult Books, 2017-06-24 YOGA RELAXATION THEMED COLORING PAGES GREAT BIRTHDAY GIFT IDEA Namaste Do you dare combine the two of the most relaxing activies known to mankind Yoga and adult coloring Whether your an advanced colorist or a newby this book has plenty to suit your needs The popularity of adult coloring books has skyrocketed You ll find them online and at all the major retailers Recent research shows they provide hours of entertainment and relaxation Do you love adult coloring Do you love yoga Have we got the coloring book for you Imagine how relaxed and calm you ll be while coloring one of the many soothing coloring book pages in the Yoga An Adult Coloring Book you may feel like you re relaxing at your favorite spa or massage parlor If you have a passion for yoga and relaxation techniques you re sure to enjoy the Yoga An Adult Coloring Book Adult coloring books can help you find your happy place and can be extremely therapeutic This is nothing new Throughout history art has often been used as a way to bring peace calm and healing The famous painter Frida Kahlo is a great example In pain most of her life after a accident Frida turned to painting while bedridden following the accident to deal with her isolation and pain Her art would provide an escape throughout the rest of her career Doctors and therapists have discovered the healing benefits of art for their patients Fortunately you don't need to be an artistic genius such as Frida Kahlo to realize these benefits Adult coloring books such as the Yoga An Adult Coloring Book are a low cost and effective way to manage both mental and physical conditions The Yoga An Adult Coloring Book provides beautiful adult coloring pages featuring artistic designs that yoga enthusiasts are sure to get a kick out of First grab your markers or colored pencils sit down and then find yourself totally absorbed in a relaxing session of adult coloring with your the Yoga An Adult Coloring Book Stop procrastinating Start enjoying the incredible benefits adult coloring now Let each design guide you through a journey of tranquility and let your troubles leave your mind Purchase the Yoga An Adult Coloring Book now Use Ink or Pens Use either fine tipped ink markers color pencils and pens Single Sided Pages With One Design Per Page The opposite page for each drawing has a black backing to prevent ink pens from bleeding through The Perfect Gift for

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