



# The Art of Mindfulness: Joyful and Radiant Coloring

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# The Art of Mindfulness: Joyful and Radiant Coloring

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**The Art of Mindfulness: Joyful and Radiant Coloring** Lark Crafts

**THE ART OF MINDFULNESS:**

*A powerful way to focus on the here and now . . .  
and create something beautiful, too.*

Mindful coloring can bring calm, and with calm comes a greater state of happiness. Color in these gorgeous patterns and feel your spirit lift with a renewed sense of peace and energy.

Flocks of butterflies, a hummingbird on a flower, and an adorable sleeping fox amongst the foliage: these are images created just to make you feel joy. As you fill in these intricately lovely designs, you'll experience the wonder of nature's radiance.

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