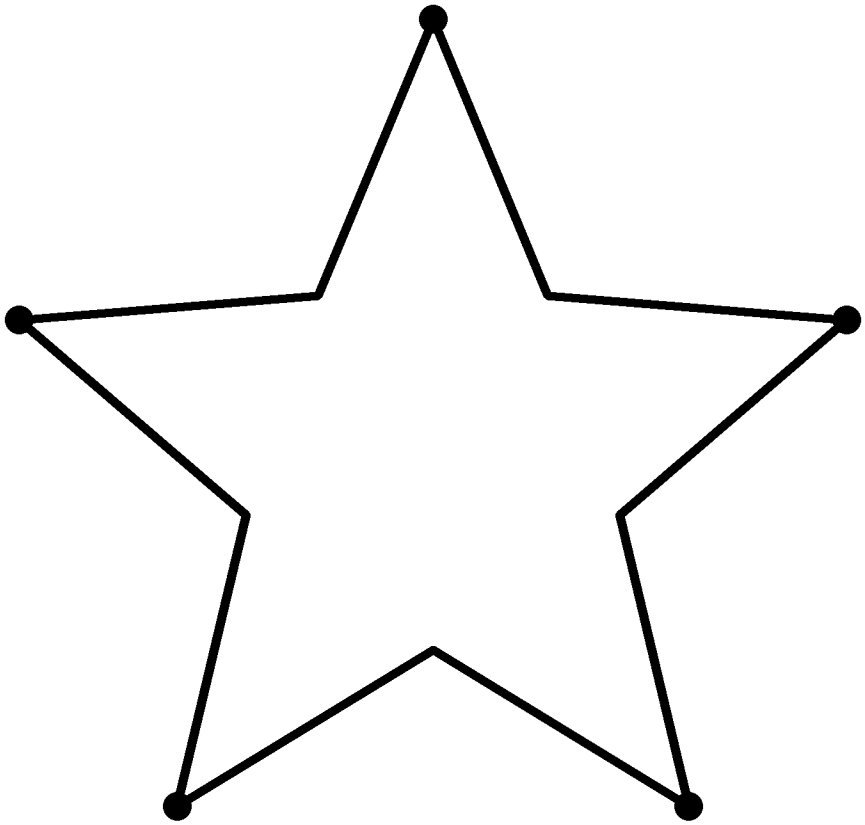
Calm corner

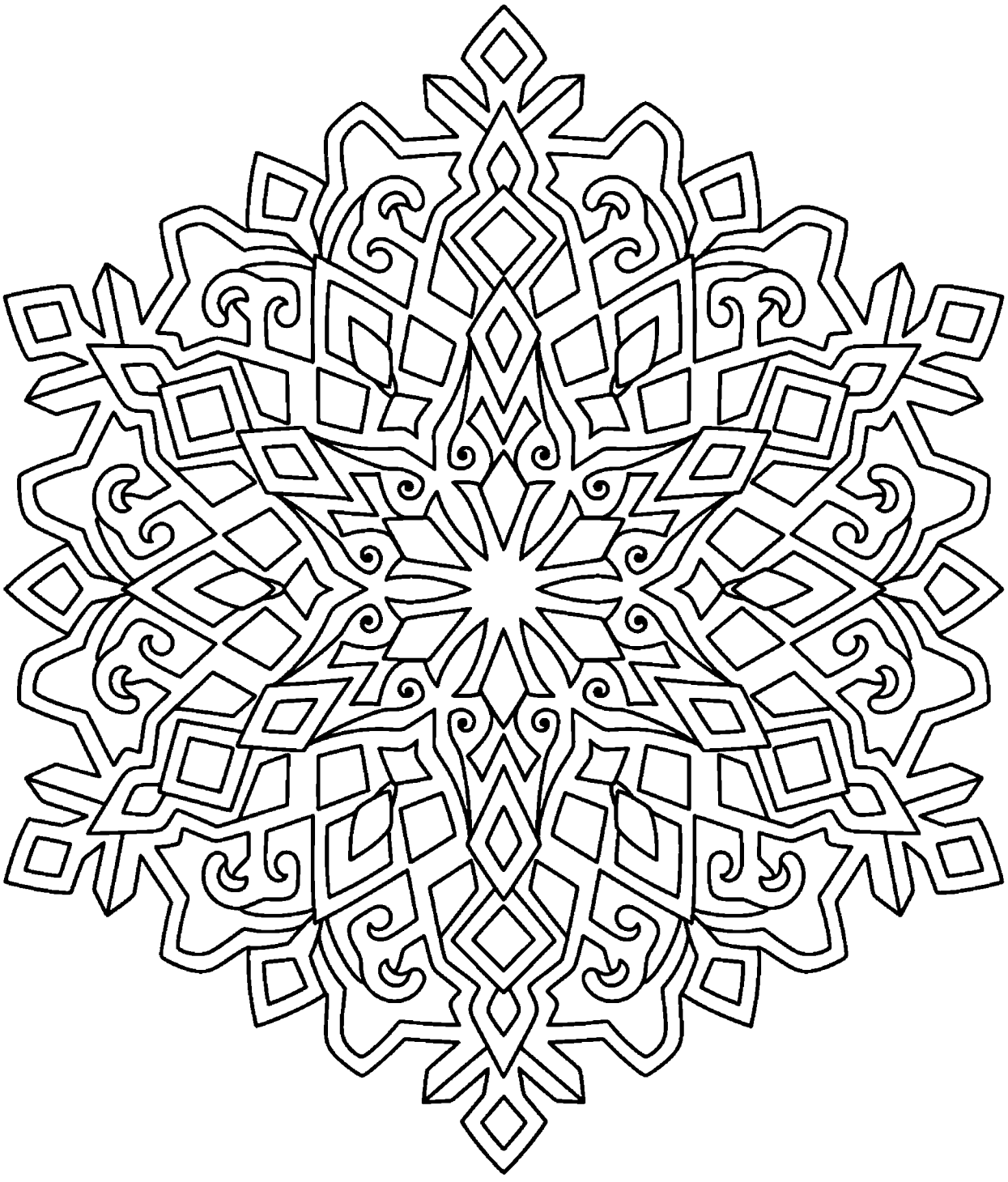
12 mandalas, from the simplest to the most detailed



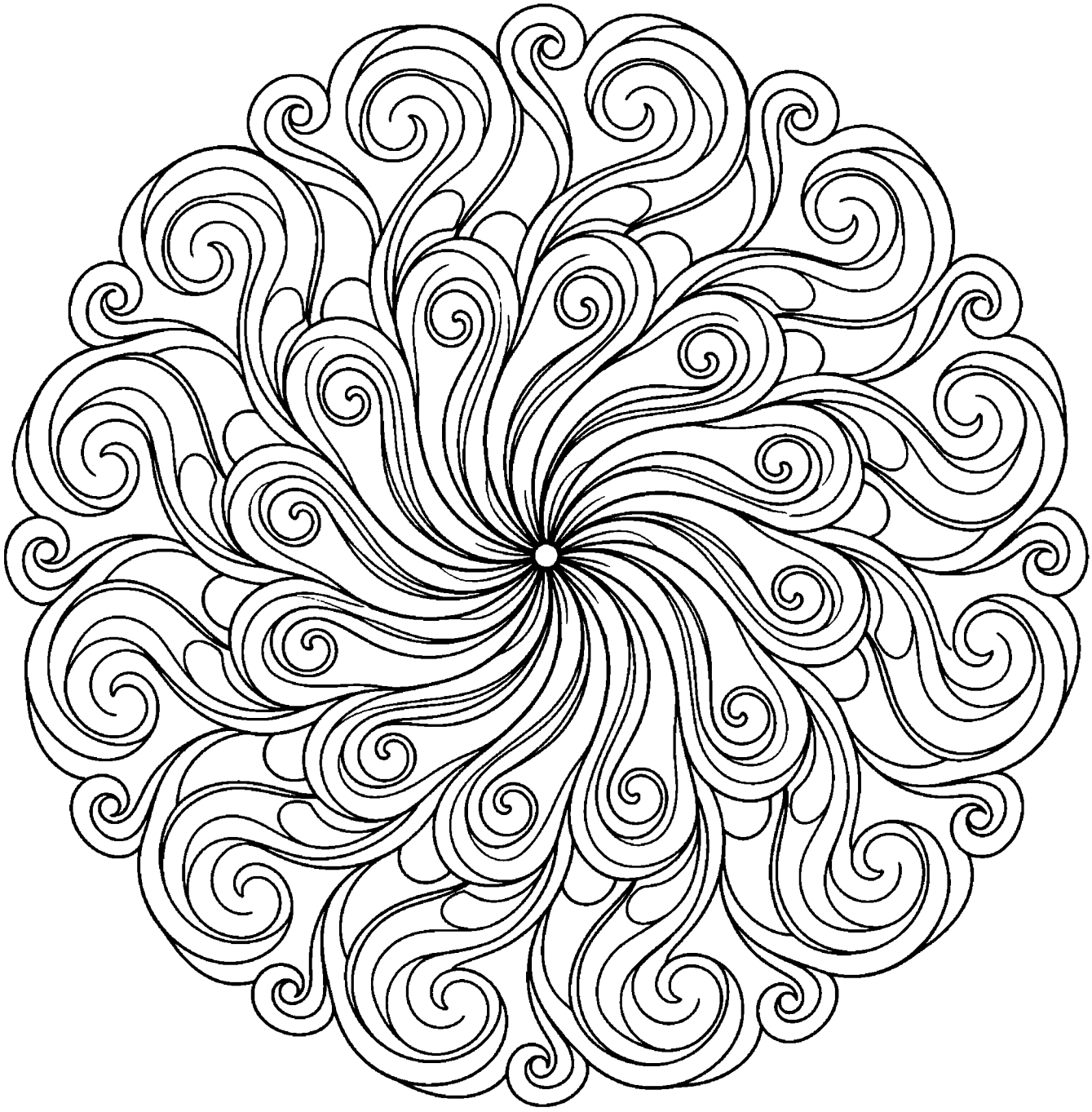
Trace the star with your finger: breathe in going up, breathe out going down.

1. Choose a mandala that you like.
2. Breathe in slowly through your nose, breathe out through your mouth.
3. Color from the center outward, one shape at a time.
4. Stop when you feel calm. You can finish later.

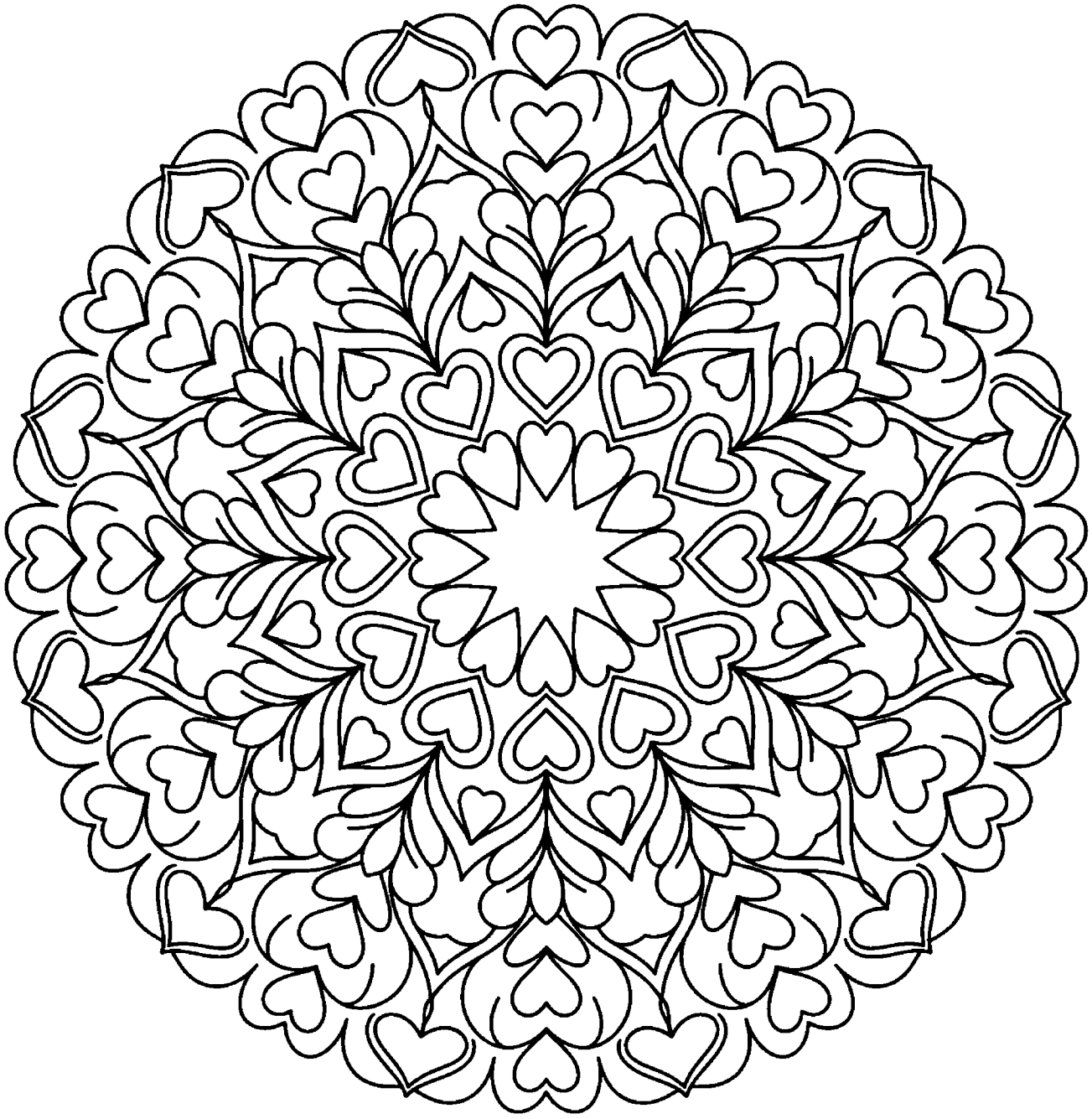
Make a coloring book from your own photos: mimicolor.com/photo



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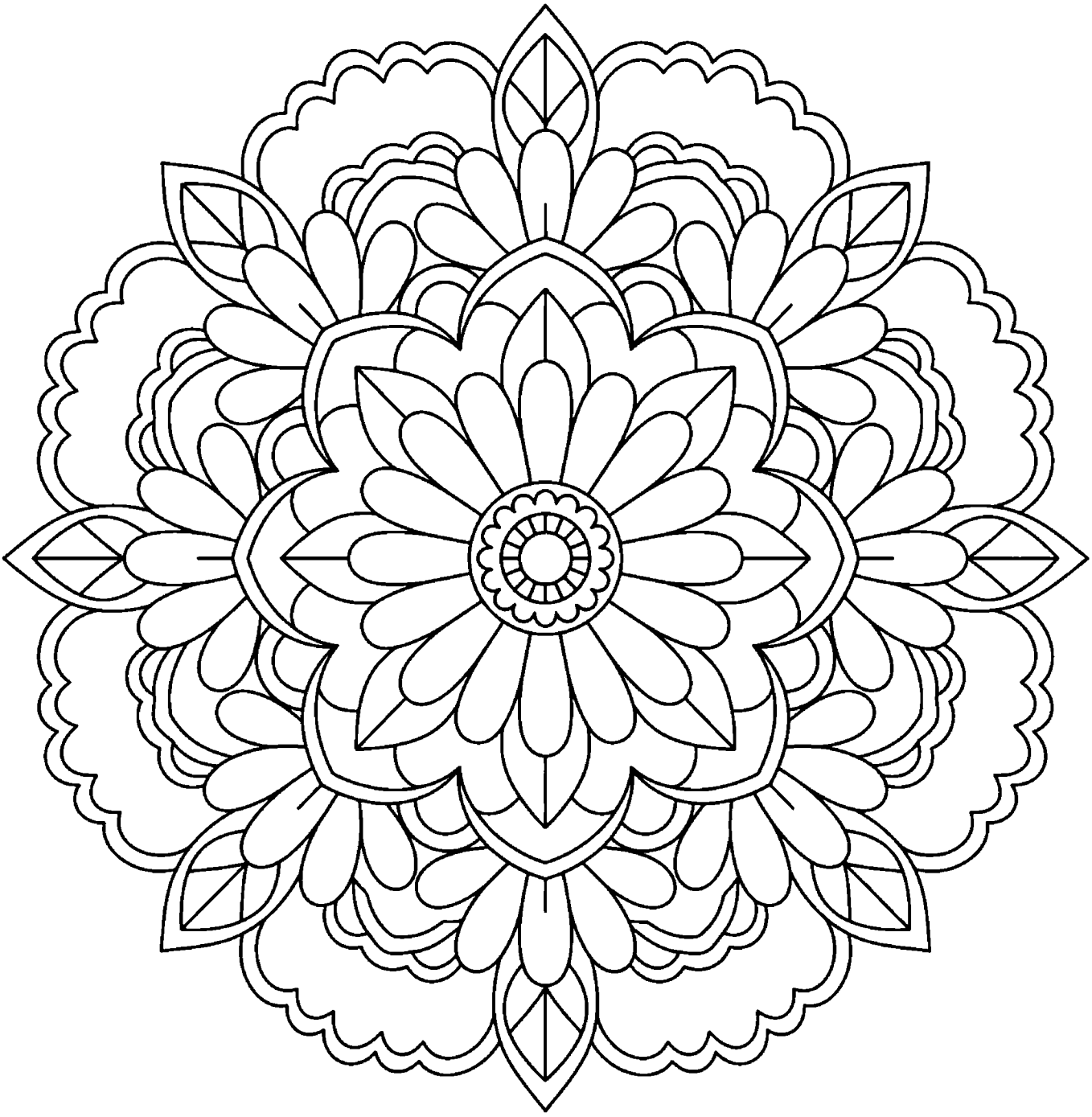
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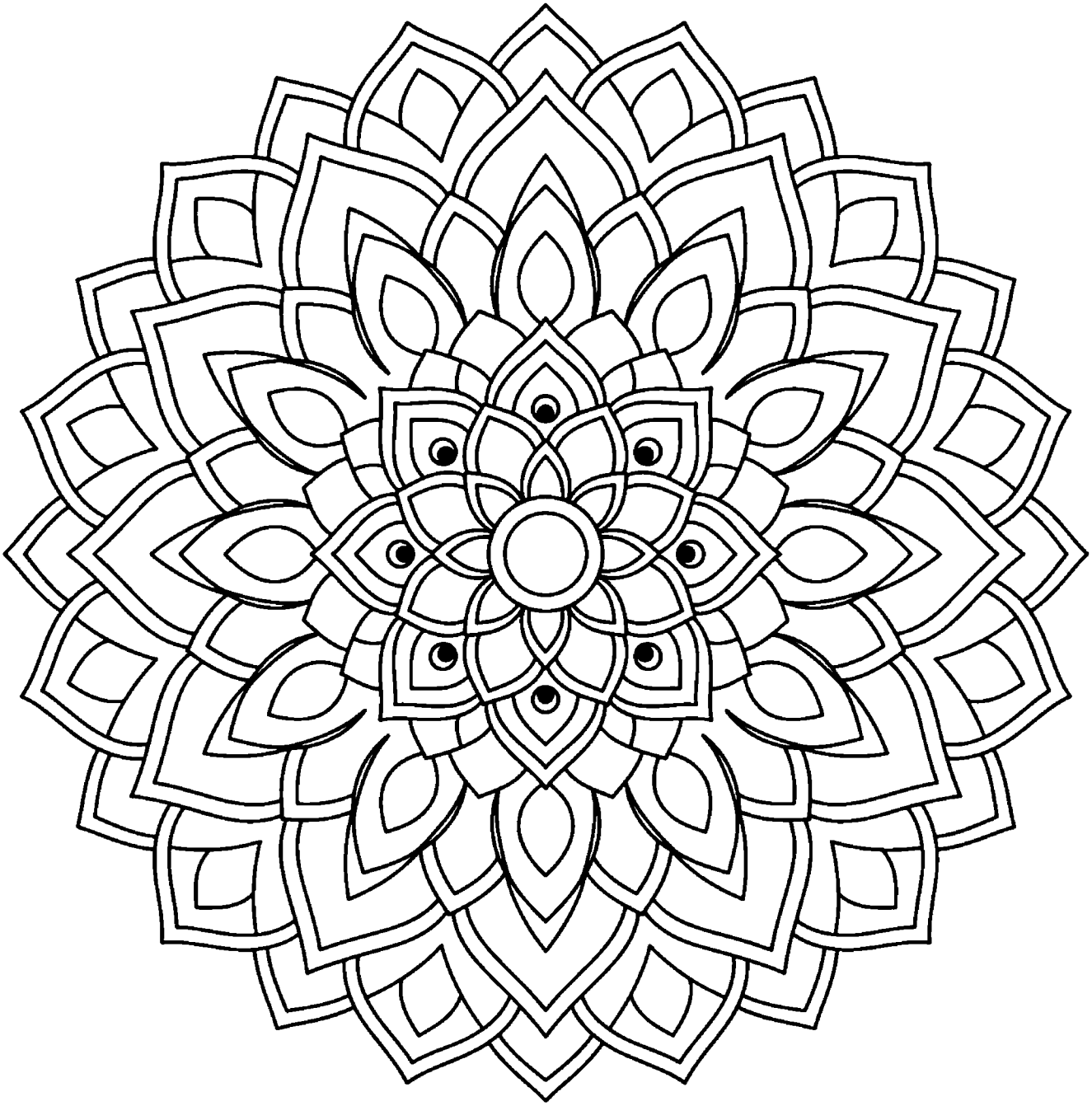
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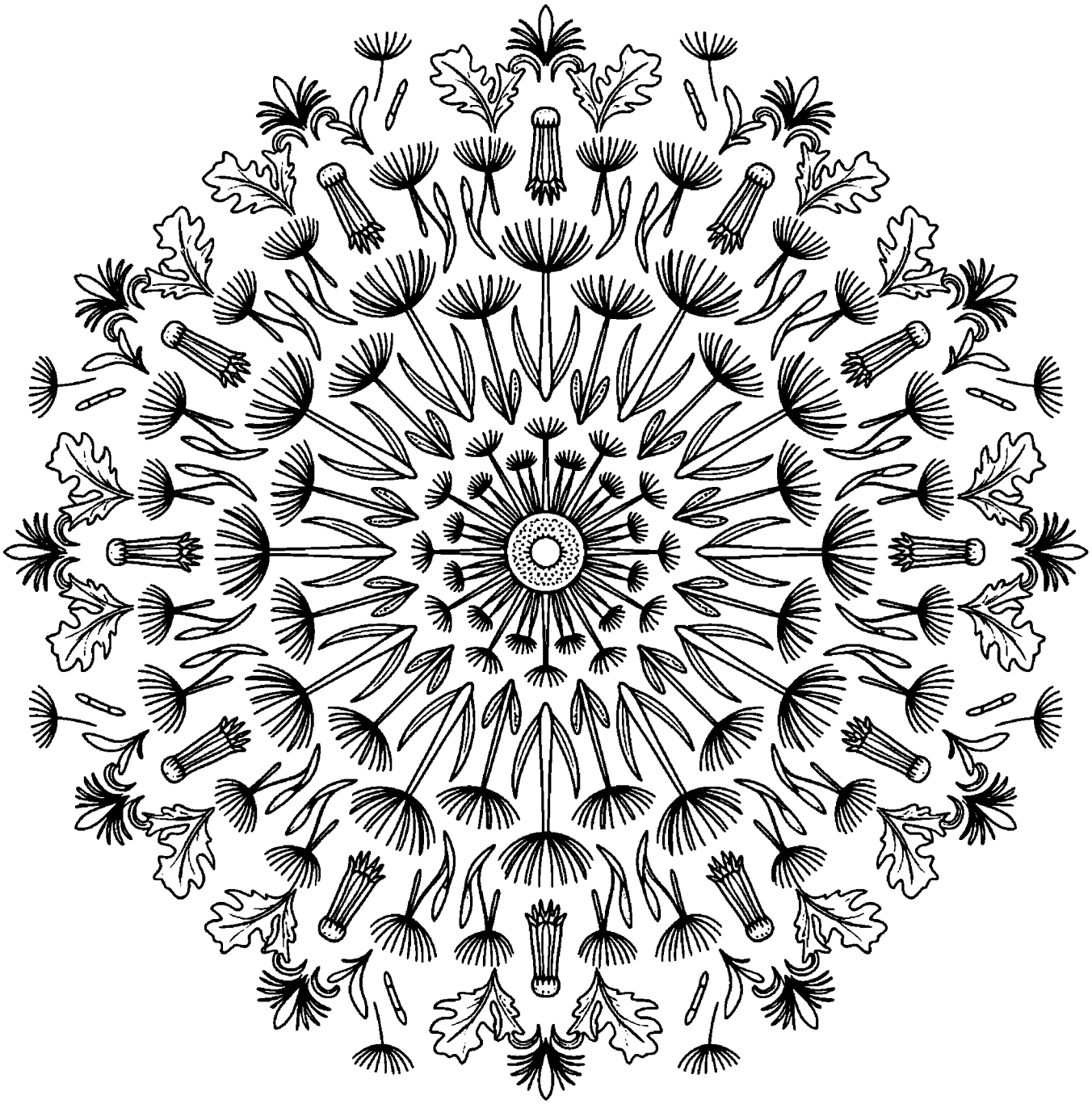
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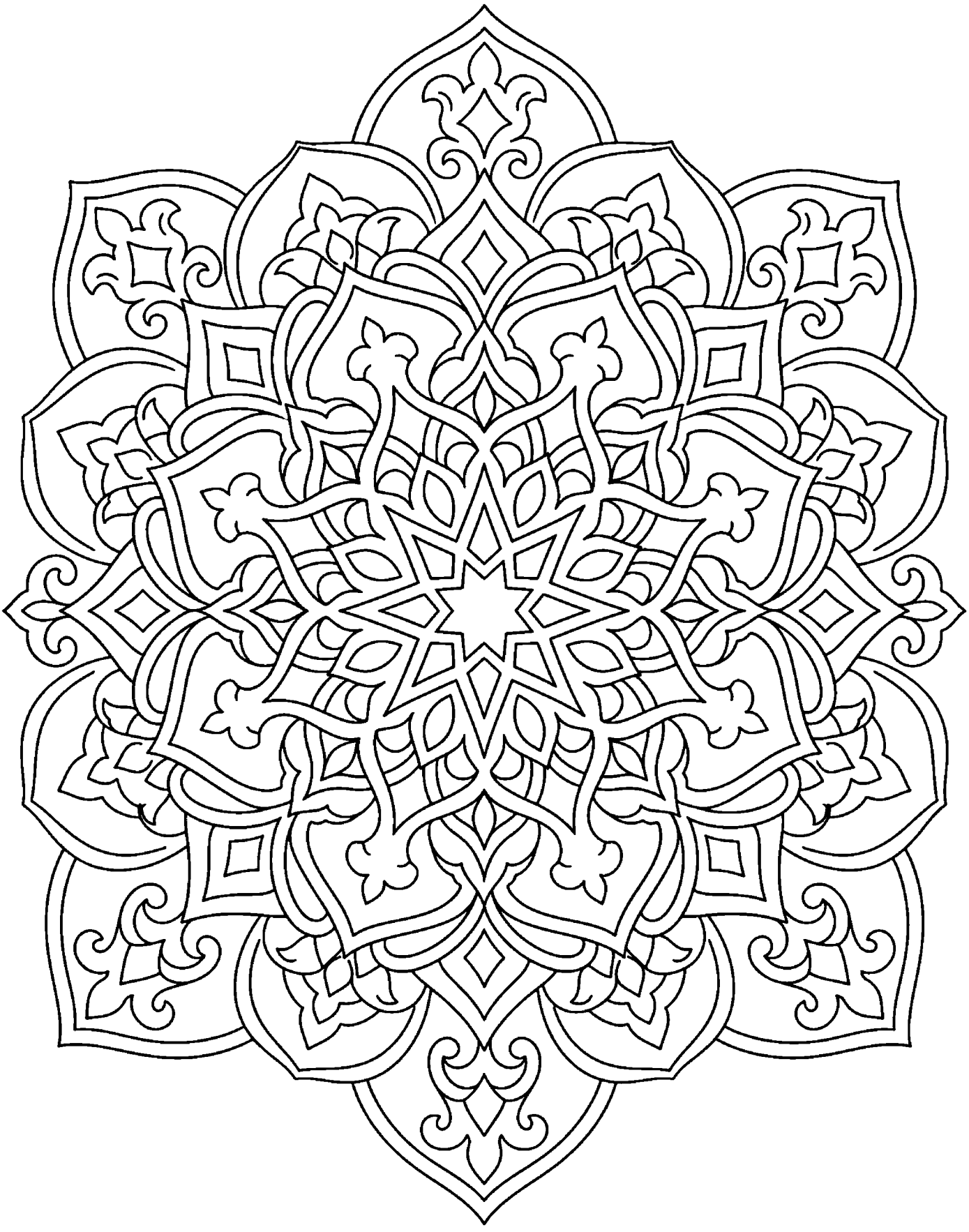
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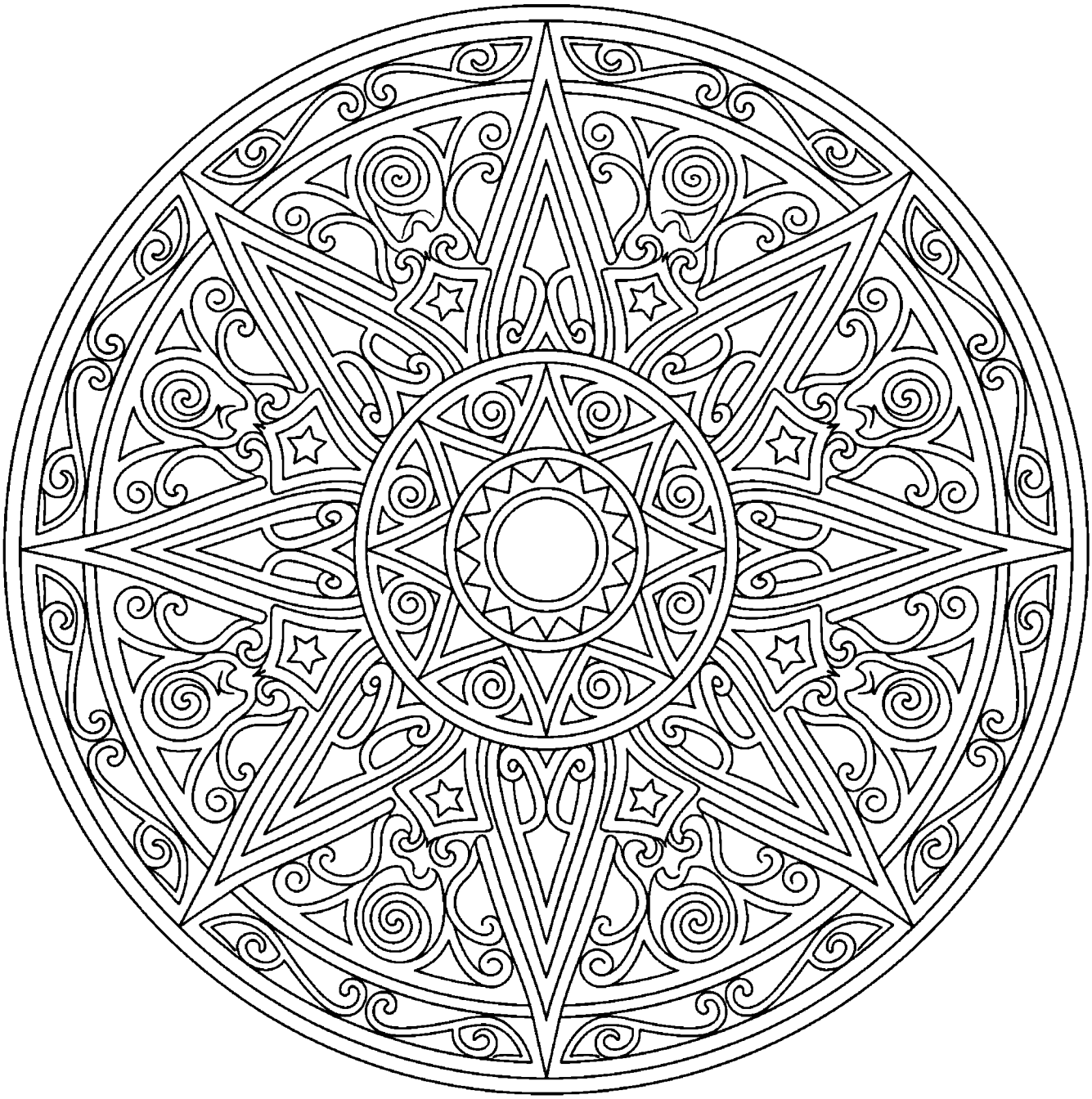
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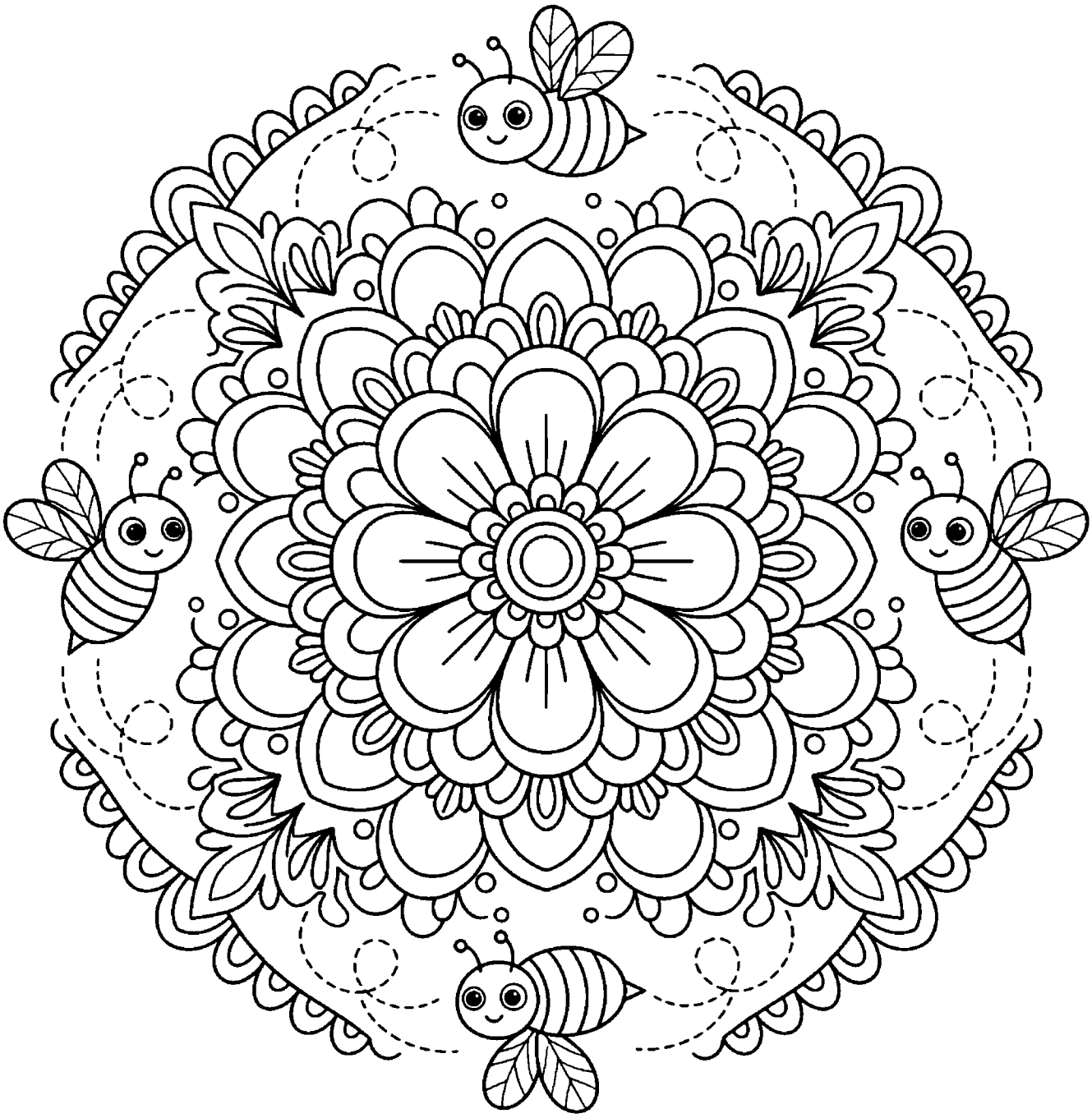
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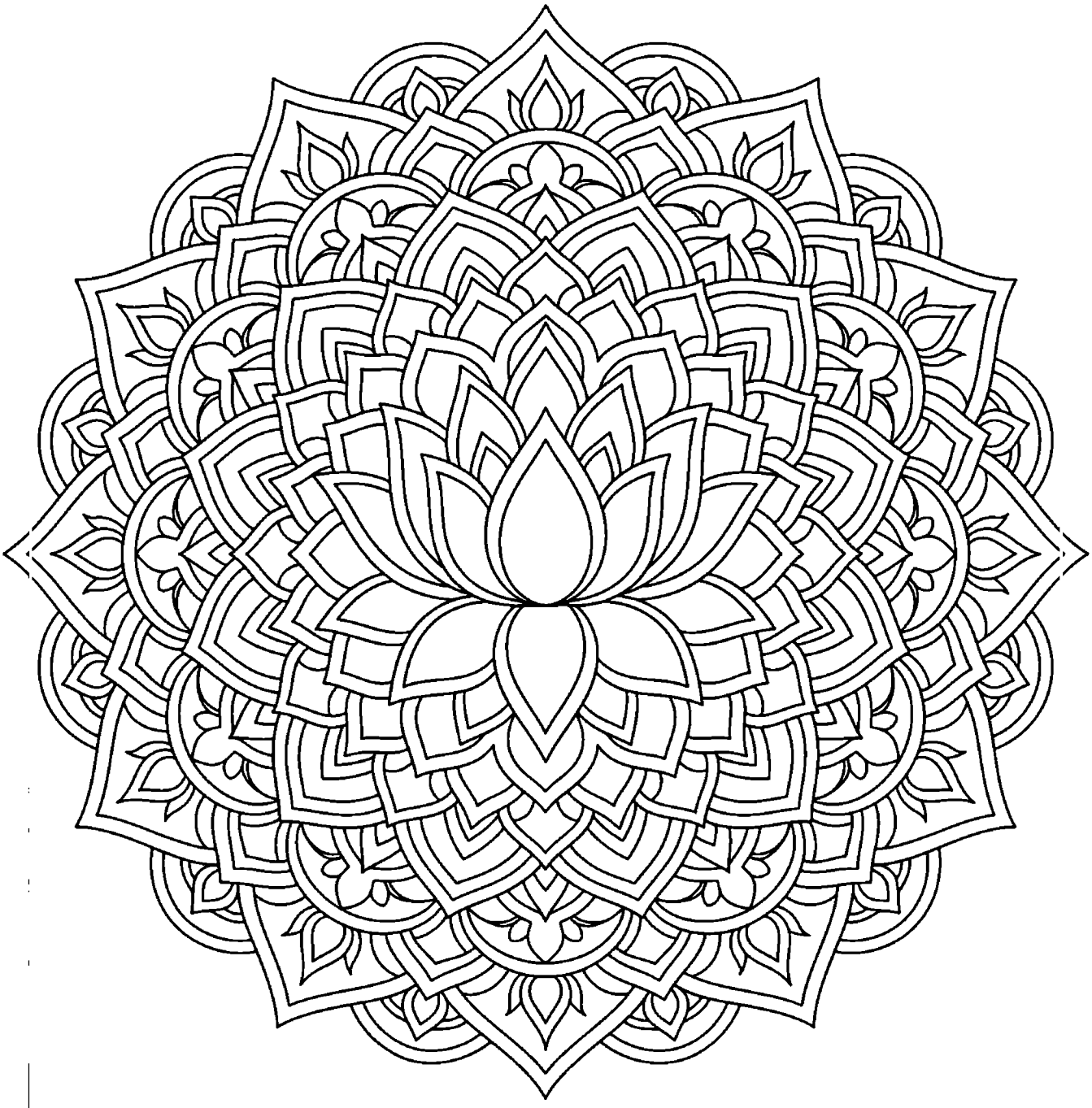
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