



Doodle Yoga: An Adult Coloring Book for the Inner Child

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Revive and fuel that infinitely imaginative child that dwells within with the art of coloring—which in and of itself is a meditative experience—and bask in all of its wonder-filled glory. These intricately vivid patterns will do more than simply awaken your soul, they will bring an undeniable sense of calmness and playfulness into your life.

Pick up a crayon or colored pencil and let the adventure of mindfulness begin!



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