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opportunities for reflection in our busy lives we often don t make time for
ourselves and can find it hard to relax and recharge mindful colouring gives us
an opportunity to pause and take stock of what is going on inside ourselves'

'togetherness blog togetherness project

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topping book sales and being featured in countless articles on the topic lately
colouring is a great way to introduce yourself to the concept of mindfulness
according to a recent post on huffington post uk i realised that colouring makes
my headaches go away"mindfulness colouring book

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colour in when your out the paper is also thick enough if you prefer to use pens or
markers for your colouring in"

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