



Meditation Journal with Coloring Pages for Mindfulness Relaxation: 30-Week Daily Meditation Journal for Men and Women, Plus Easy Coloring Patterns for Mindful Colorists! Black Cover (Paperback)

By Make Sense Coloring Books

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The only journal+coloring pages that helps your meditation become easier, more enlightening, and, yes, enjoyable! With 3 simple meaningful questions a day (and as little as 5 minutes of your time) that ask; How do you feel before the meditation. How do you feel after the meditation. What have you learnt from the meditation today., this exceptional book serves as an inviting space to reflect upon your meditation practice, as well as a valuable archive for meditation experience. In addition, it provides you spaces in which you can write day, location, duration, and type of the meditation you practice on any days during your 30-week journey of meditation. Moreover, as we all know, coloring can calm our minds down and helps relaxation of both our mind and body, Meditation Journal with Coloring Pages for Mindfulness Relaxation comes with 30 full-page easy, yet beautifully crafted, coloring patterns that help you meditate easier or coloring can even be a part of your meditation routine. All coloring patterns are made of forgiving thick black lines or on midnight black background, and there is no...



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Reviews

A really great publication with lucid and perfect reasons. I have read through and i am confident that i am going to gonna read yet again yet again down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Cade Nolan**

It is not difficult in read through easier to comprehend. It is packed with knowledge and wisdom You may like just how the article writer write this pdf.

-- **Kristy Hermann**