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Dot To Dot Mindfulness Mandalas: Relaxing, Anti-Stress Dot To Dot Patterns To Complete & Colour

Christina Rose

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Dot To Dot Mindfulness Mandalas
Beautiful Anti-Stress Patterns To Complete & Colour

Use the calming and meditative nature of mandalas to relax and unwind as you complete the dots in these beautiful dot-to-dot patterns. The intricate designs will help put your mind at ease as you reveal the mandalas and each, once completed, can also be coloured in if you wish.

With over 10,000 dots to join this is a perfect way to de-stress and take some relaxing time for yourself.

Christina Rose is the creator of a number of best-selling anti-stress colouring and dot-to-dot books for all ages.Visit her Amazon author page for more info.

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