

## Dot To Dot Mindfulness Mandalas Relaxing Anti Stress Dot To Dot Patterns To Complete Colour

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### What's a mandala? A way toward mindfulness

"Roxana has been a facilitator with Continuing Education since 2019. She offers a variety of dot painting classes on various media including mandala on canvas, wood, stones, and ornaments. Her students continue to rave about her artistic techniques and her teaching style, being both approachable and enthusiastic.

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You may also enjoy Dot To Dot Mindfulness Mandalas: Relaxing, Anti-Stress Dot To Dot Designs To Complete & Colour. Christina Rose is the creator of a number of best-selling anti-stress colouring and dot to dot books for all ages. Author: Christina Rose. Publisher: Bell & MacKenzie Publishing. ISBN: 191215529X. Category: Crafts & Hobbies. Page: 64. View: 731

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### Dot To Dot Mindfulness Mandalas: Beautiful Anti-Stress

Mandala making also is a way to practice mindfulness, a reflective state of being aware of the present moment. Often people practice mindfulness through quiet breathing techniques, by walking or

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