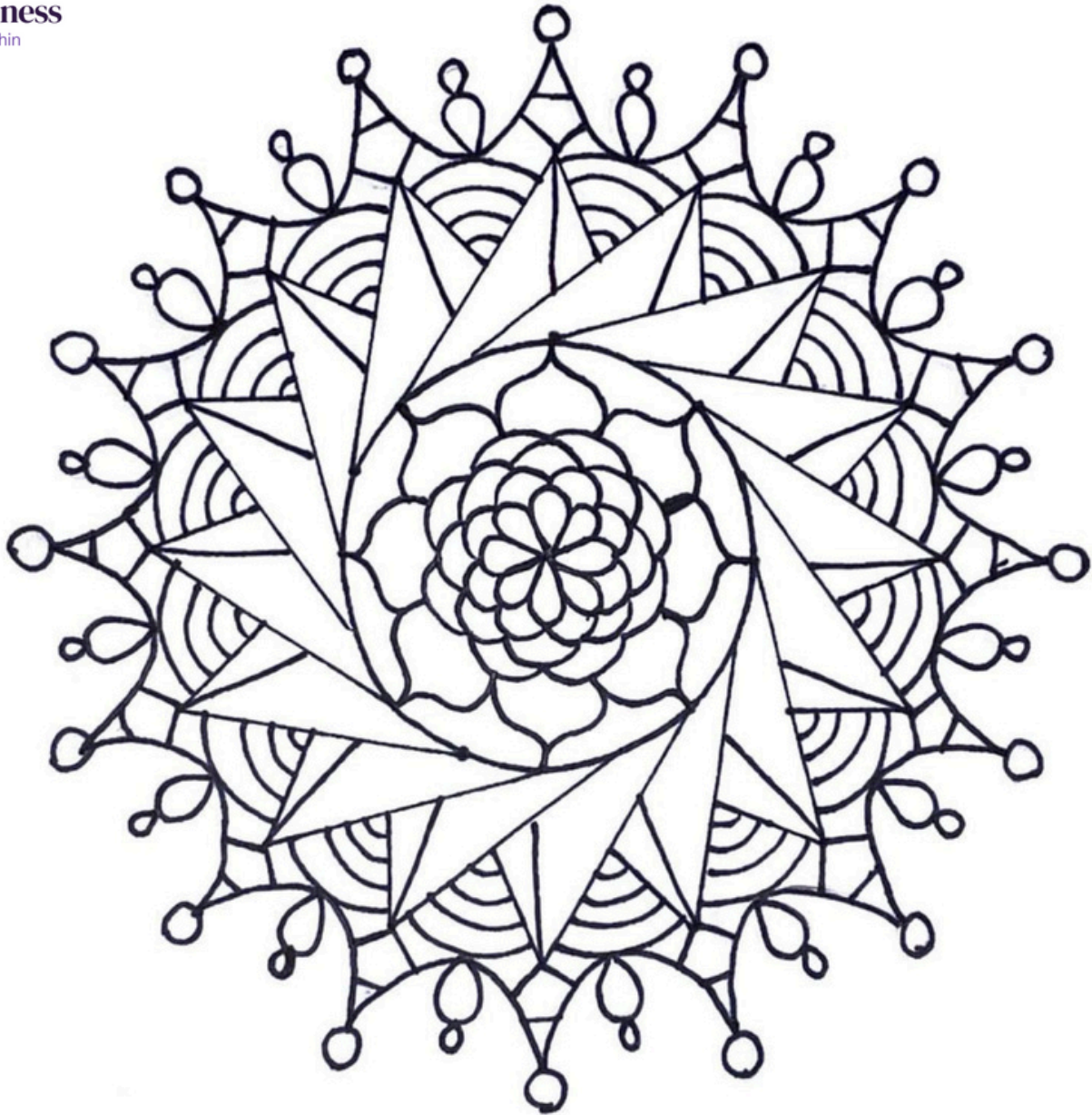




kori rae wellness
health blooms within



How to color a Mandala for Mindfulness and Relaxation

- Take a few minutes to center by closing your eyes and take 5 deep breaths.
- Select your coloring tools in colors that speak to you.
- Start coloring in the center, and work your way outwards.
- Breathe and relax
- Email hello@koriraewellness.com with your finished piece!