



# Mindful Design: Colouring Book For Adults: Relax Through Creative Art: Christmas

*Laura Blewitt*

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## **Christmas**

'Tis the season to be mindful and creative!

No time like the 'present' to relax and discover your inner artist.

Enjoy the winter nights by wrapping yourself up in warm nostalgia with our advent calendar styled book for grown-ups!

Countdown to Christmas with our 25, individual, single-sided designs; 'hidden' behind 25 decorated doors.

Indulge your childlike curiosity giving yourself a daily treat or choose to explore festive designs in any order.

So snuggle up with our merry geometric patterns and more, for the holidays and beyond, all perfectly presented, so mindfulness, relaxation and creativity are always at your fingertips.

Take a moment for yourself, let your creative juices flow and produce stunning art, your way. Who cares if you don't stay between the lines, just make sure that Santa isn't watching! ;)

Get into the Christmas spirit and give the gift of mindful presence this year to yourself and others.

Leave your stress behind, disconnect to reconnect with *Mindful Design's Colouring Book For Adults*.

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#### **Macie Austin:**

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