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Flower Yoga Coloring Book Journal

Pam Vale

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Flower Yoga Coloring Book Journal

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Flower Yoga Coloring Book Journal Pam Vale
The ultimate connection of body and mind. Color, write, doodle…Yoga postures represented in flowers, including a section celebrating Sun Salutations. This coloring book journal is a fun combination of all over coloring patterns, coloring images and journal pages. All coloring images in this book are original drawings by Pam Vale. Coloring can quiet the mind, stimulate the imagination and help organize your thoughts. Journaling can provide clarity and perspective on your path to peace and serenity. This coloring book journal is arranged in small bites in hopes of helping you create a mindful, daily habit of gratitude and self-reflection.

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