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The detailed designs in the book feature human figures in various yoga poses as well as intricate mandalas. You will have the opportunity to color delicate and detailed human figures depicted during yoga, elaborated mandala designs and Indian symbols guaranteed to bring you mental calm and stress-relief.

The activity of coloring has been shown to reduce stress by helping people to find peace and making them feel relaxed and comfortable. Coloring books have therapeutic benefits sifting attention from stress and problems to calm feelings.

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