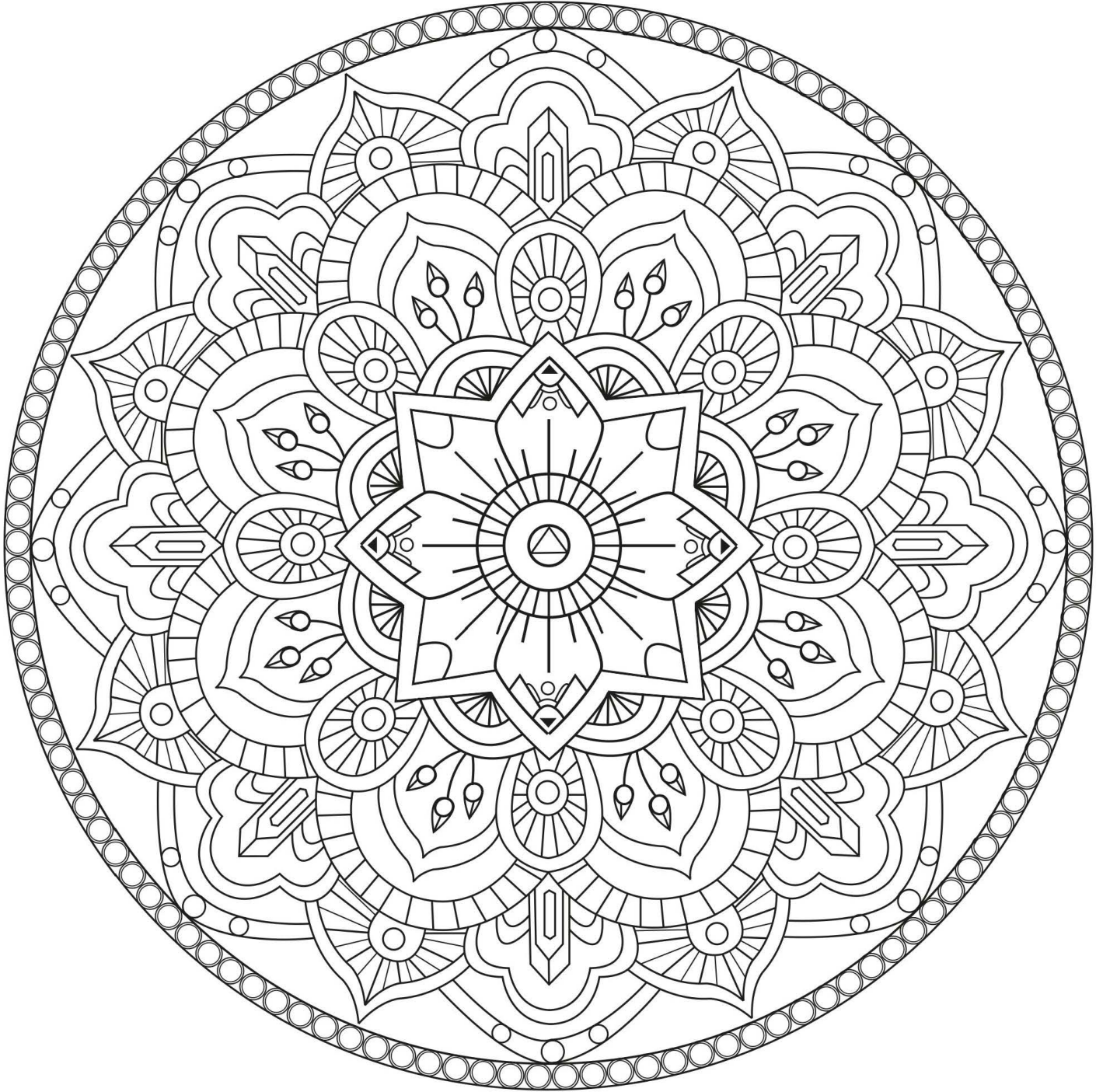


Meaning Mandala



Mandalas offer balancing visual elements, symbolizing unity and harmony and the opportunity to slow down and take the time to colour. This exercise can promote relaxation and calm the nervous system.