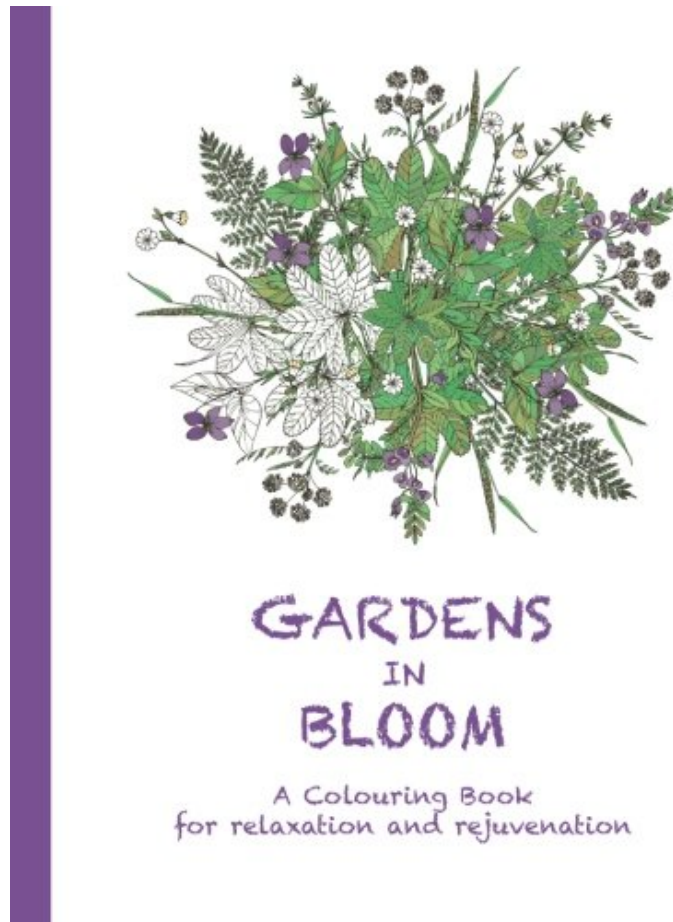


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Gardens in Bloom: A Colouring Book for relaxation and rejuvenation (Colouring for relaxation and rejuvenation) (Volume 3)

Cassie Haywood

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How can you become free from everyday stress and persistent worry? Put away the mobile phone, log off your computer, and turn off the TV. Instead pick up your Gardens in Bloom colouring book and lets get started on the path to relaxation and rejuvenation. Includes 50 illustrations inspired by Gardens. Printed on high quality paper. Great size for travelling (7.5 x 9.2 inches). Small enough to fit in a handbag but big enough to allow your creativity to flow. Contains a variety of simple and detailed designs. Suitable for colourists of all ages, including adults. Colouring: allows your mind to focus on a task that is enjoyable. invites stillness and encourages switching off from daily stress. requires focus, so it is a very meditative and mindful process. helps stress to disappear and the mind to become clearer, allowing relaxation and rejuvenation to become part of your everyday life. Colouring for relaxation and rejuvenation series includes: Exotic India - ISBN 978-0-9944431-0-6 Animal Kingdom - ISBN 978-0-9944431-1-3 Gardens in Bloom - ISBN 978-0-9944431-2-0 Tribe - ISBN 978-0-9944431-3-7 Ocean Dreaming - ISBN 978-0-9944431-4-4

About the AuthorCassie Haywood loves to be part of creative and healing projects. She has a social work degree, and a passion for offering sound healing to the community. Mediation and living simply are an important part of her life. Whilst Cassie will always be a travelling soul, she currently resides in Western Australia. She spends most of her time at the ocean which enables her creativity, relaxation and bliss to flow. And lets not forget to mention her ginger cat who completely rules the roost and keeps it all real!