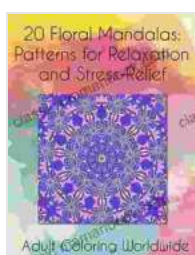


20 Floral Mandalas Patterns For Stress Relief And Relaxation

Mandalas are circular patterns that have been used for centuries for meditation and relaxation. They can be found in many cultures around the world, and they come in a variety of designs. Floral mandalas are a beautiful and intricate type of mandala that often features flowers, leaves, and other natural elements. They can be used for stress relief, relaxation, and meditation.

There are many different ways to use floral mandalas for stress relief and relaxation. One way is to simply look at them. The intricate patterns and colors can help to calm the mind and promote relaxation. Another way to use floral mandalas is to trace them with your finger or a pen. This can help to focus the mind and promote relaxation.



20 Floral Mandalas: Patterns for Stress-Relief and Relaxation by Paul Barron

★★★★☆ 4.4 out of 5

Language : English

File size : 10163 KB

Screen Reader: Supported

Print length : 21 pages

Lending : Enabled

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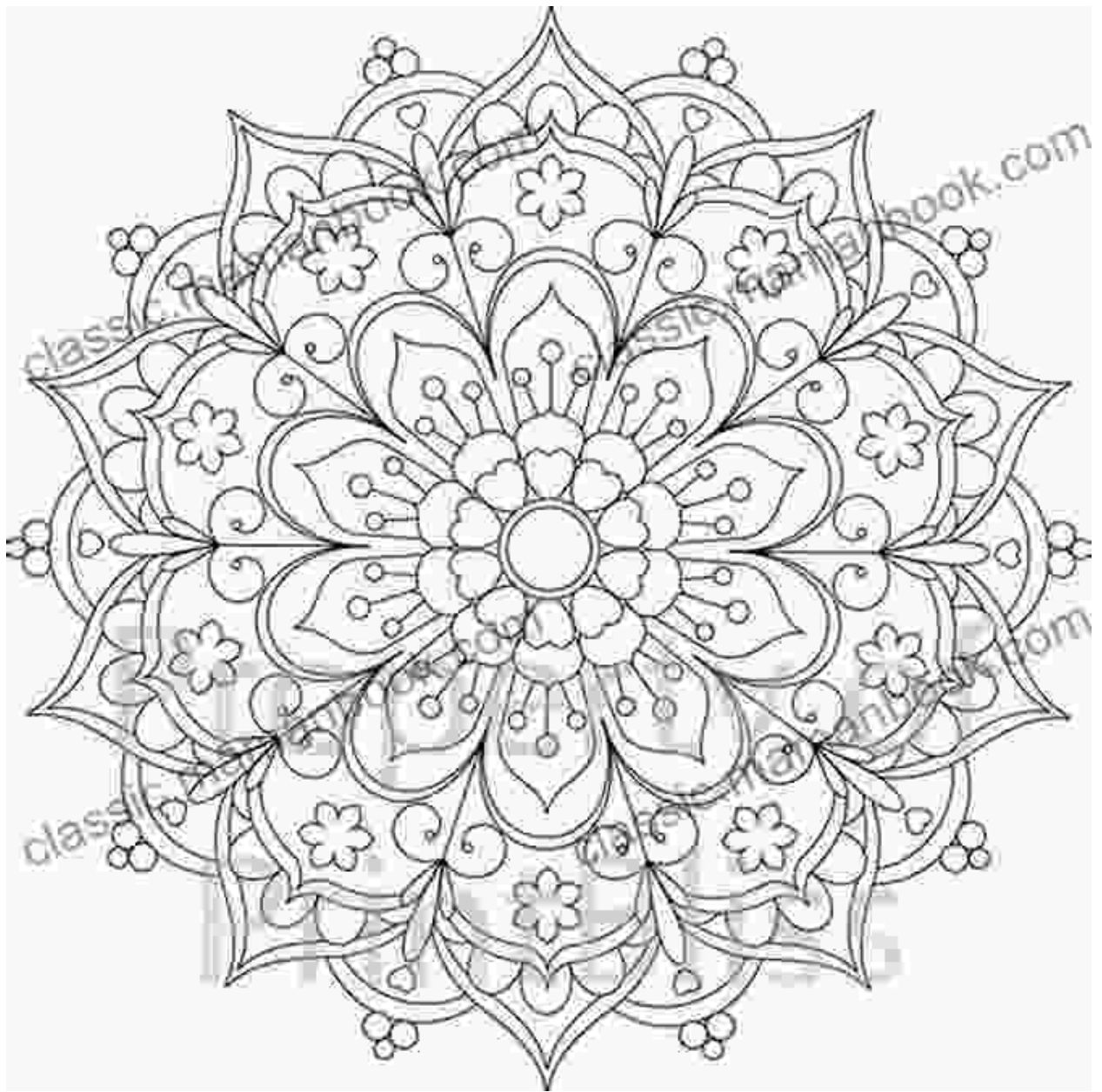


You can also use floral mandalas for meditation. To do this, simply sit in a comfortable position and focus your attention on the mandala. Allow your

thoughts to drift away, and focus on the beauty of the mandala. You may also want to repeat a mantra or affirmation while you meditate.

Here are 20 floral mandalas patterns that you can use for stress relief and relaxation:





2.



3.



4.



5.



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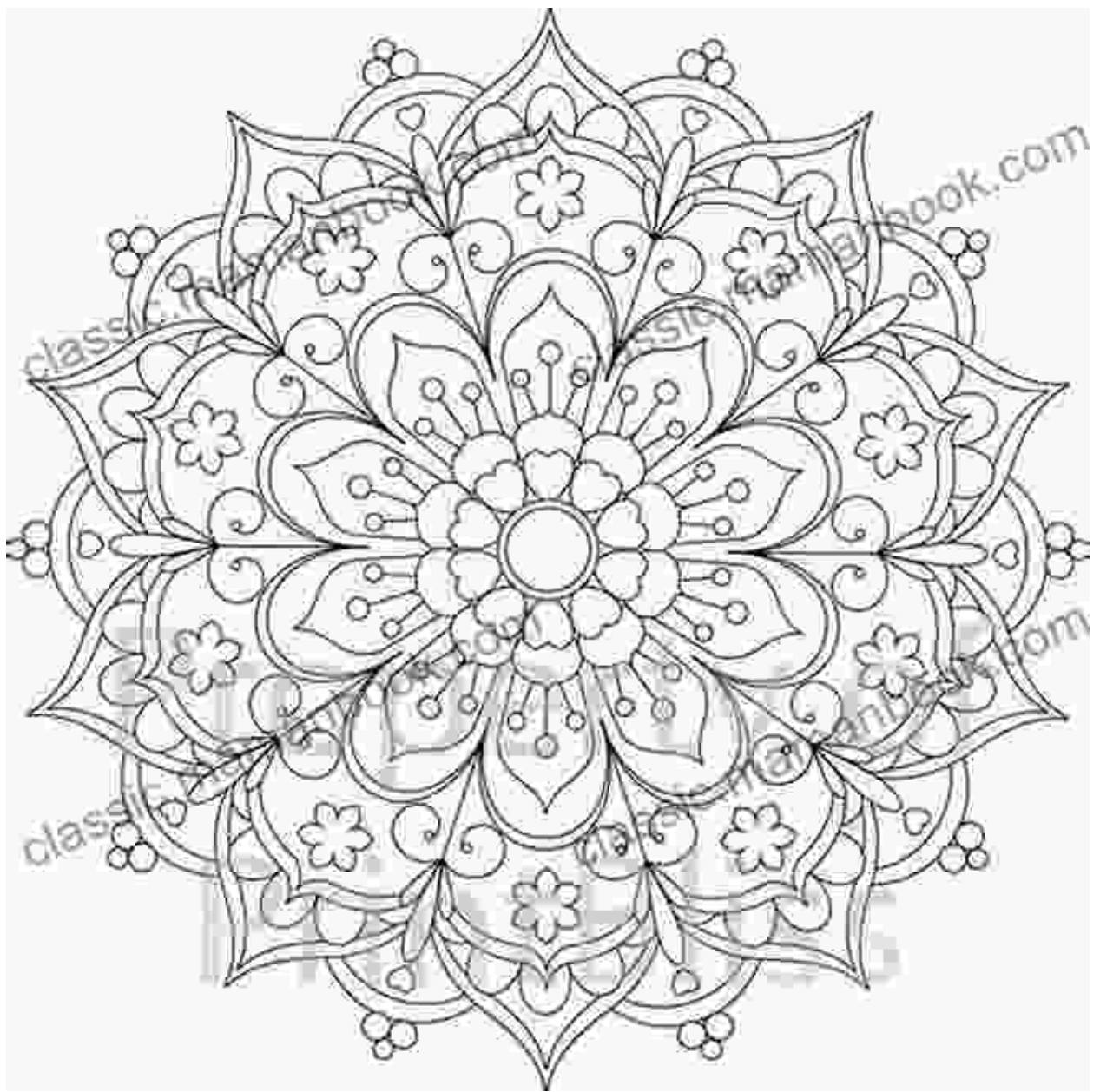
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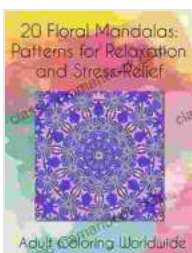
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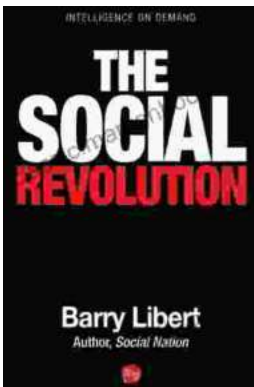
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