

LINKAGE
MINDFUL
MEDITATION
COLORING
BOOK



PUBLISHED BY: LINKAGE WELLNESS INSTITUTE



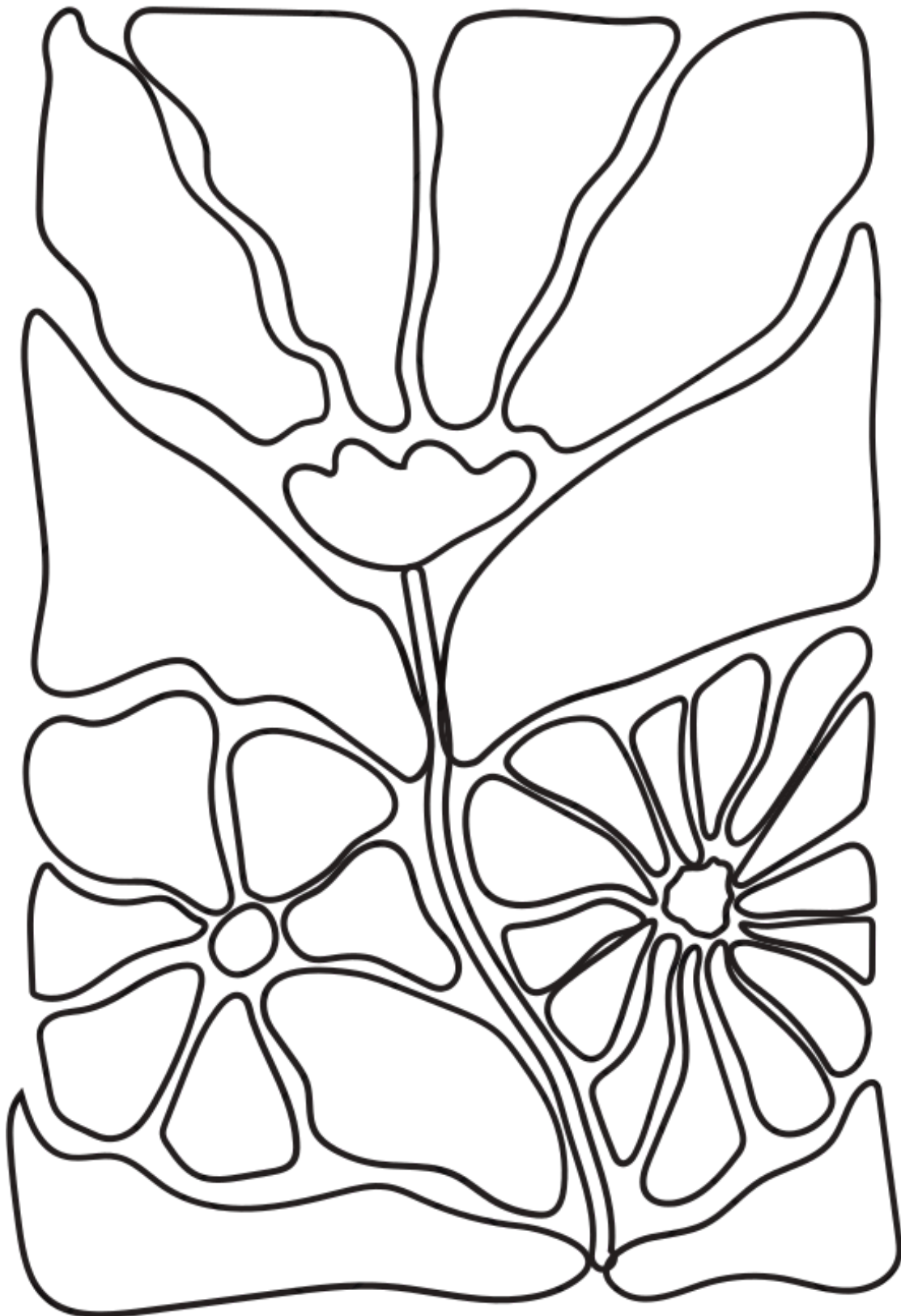
**THIS COLORING BOOK FOCUSES ON MINDFUL
MEDITATION AS A TOOL FOR HEALING AND
RECOVERY. IT OFFERS A CREATIVE OUTLET
THAT ENCOURAGES RELAXATION AND SELF-
REFLECTION, ALLOWING INDIVIDUALS TO
ENGAGE IN A THERAPEUTIC PROCESS WHILE
EXPRESSING THEIR EMOTIONS THROUGH ART.**

**EACH PAGE IS DESIGNED TO PROMOTE
MINDFULNESS, HELPING USERS TO CULTIVATE A
SENSE OF PEACE AND WELL-BEING AS THEY
NAVIGATE THEIR JOURNEY TOWARD RECOVERY.**

PUBLISHED BY: LINKAGE WELLNESS INSTITUTE

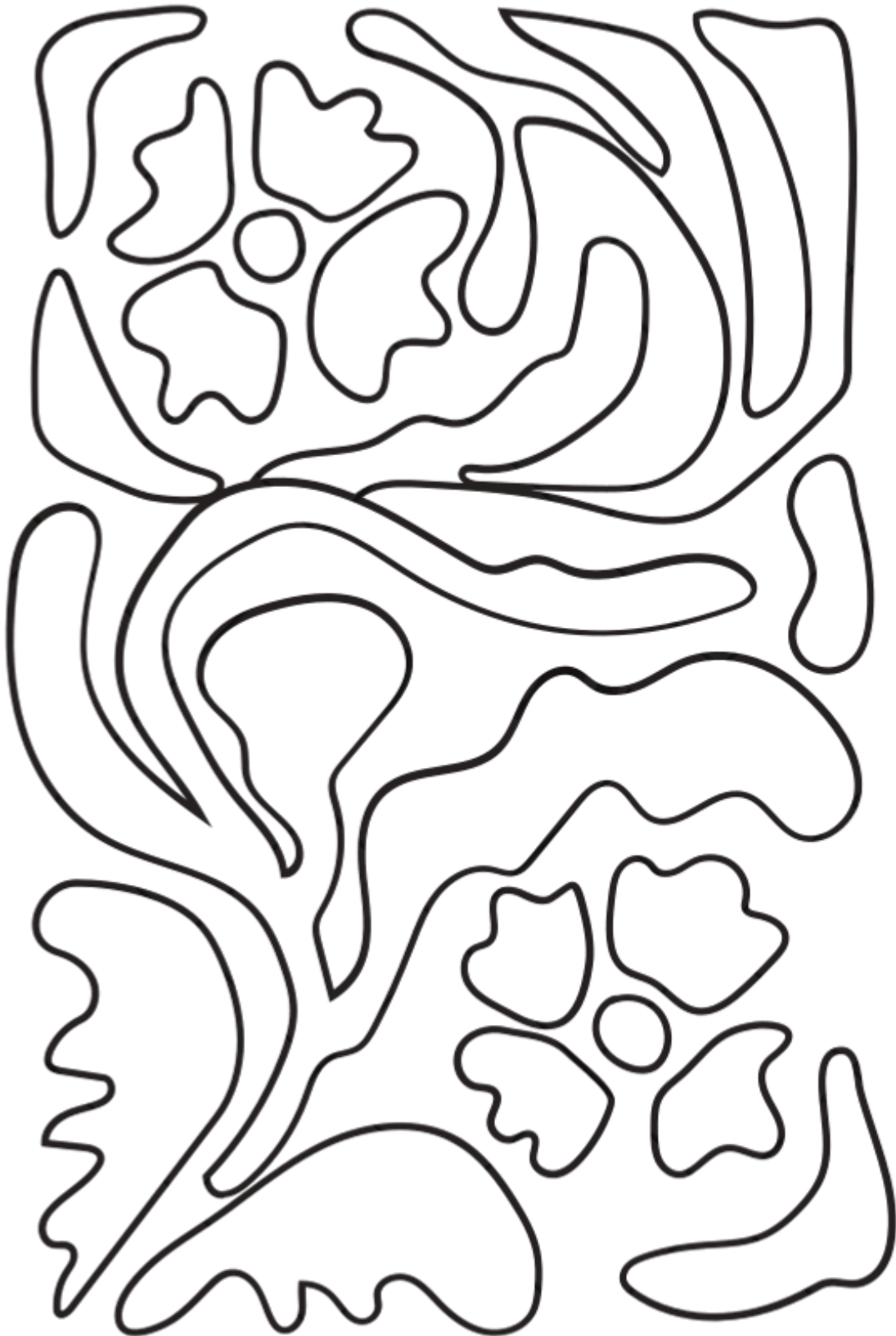
"Quiet the mind, and the soul will speak".

MINDFUL COLORING



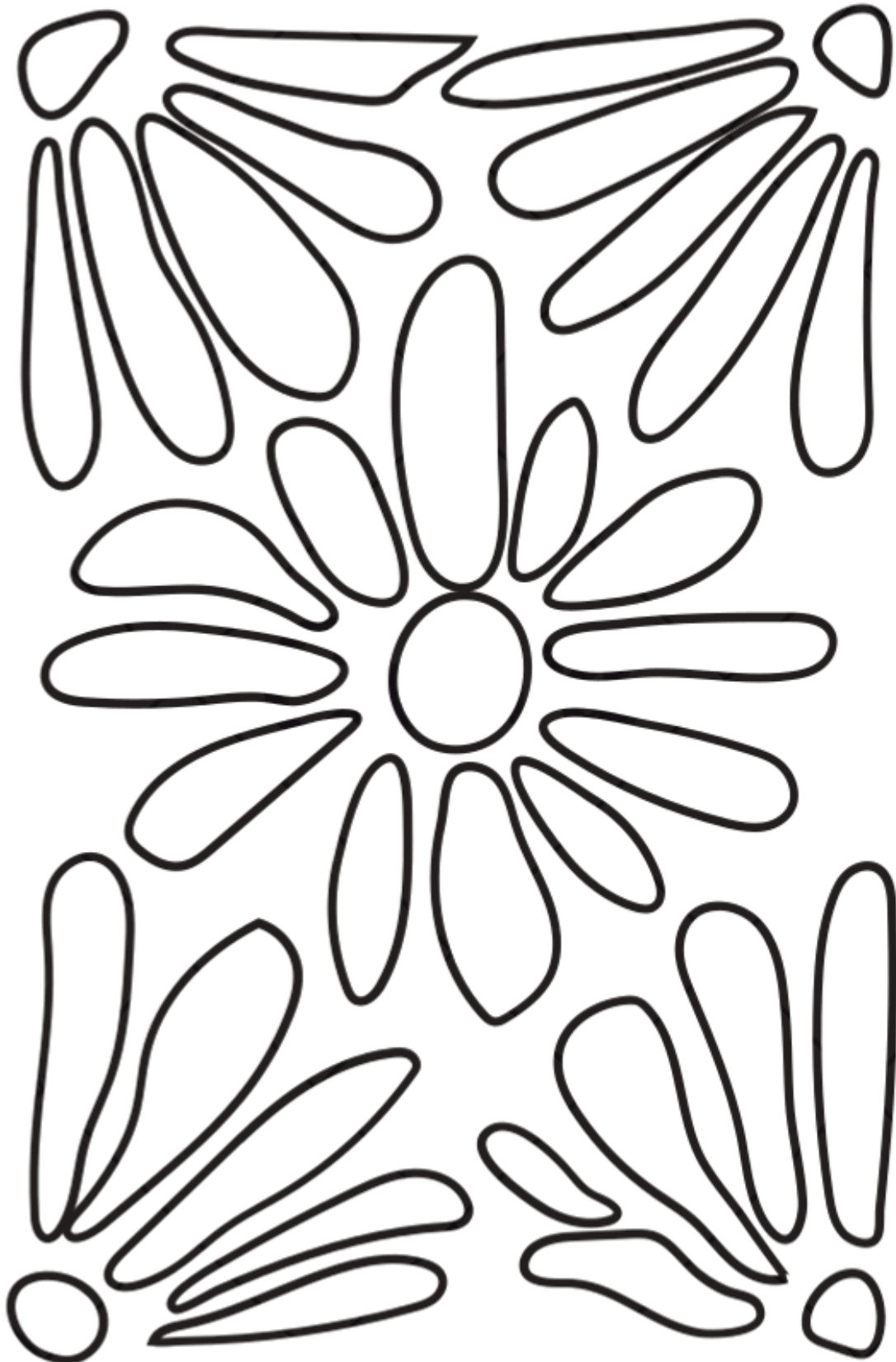
"Wherever you are, be there totally".

MINDFUL COLORING



“Our Life is shaped by our mind, for you become what
you think”.

MINDFUL COLORING



“Let your Breath untie the knots in your body and
mind”.

MINDFUL COLORING

