

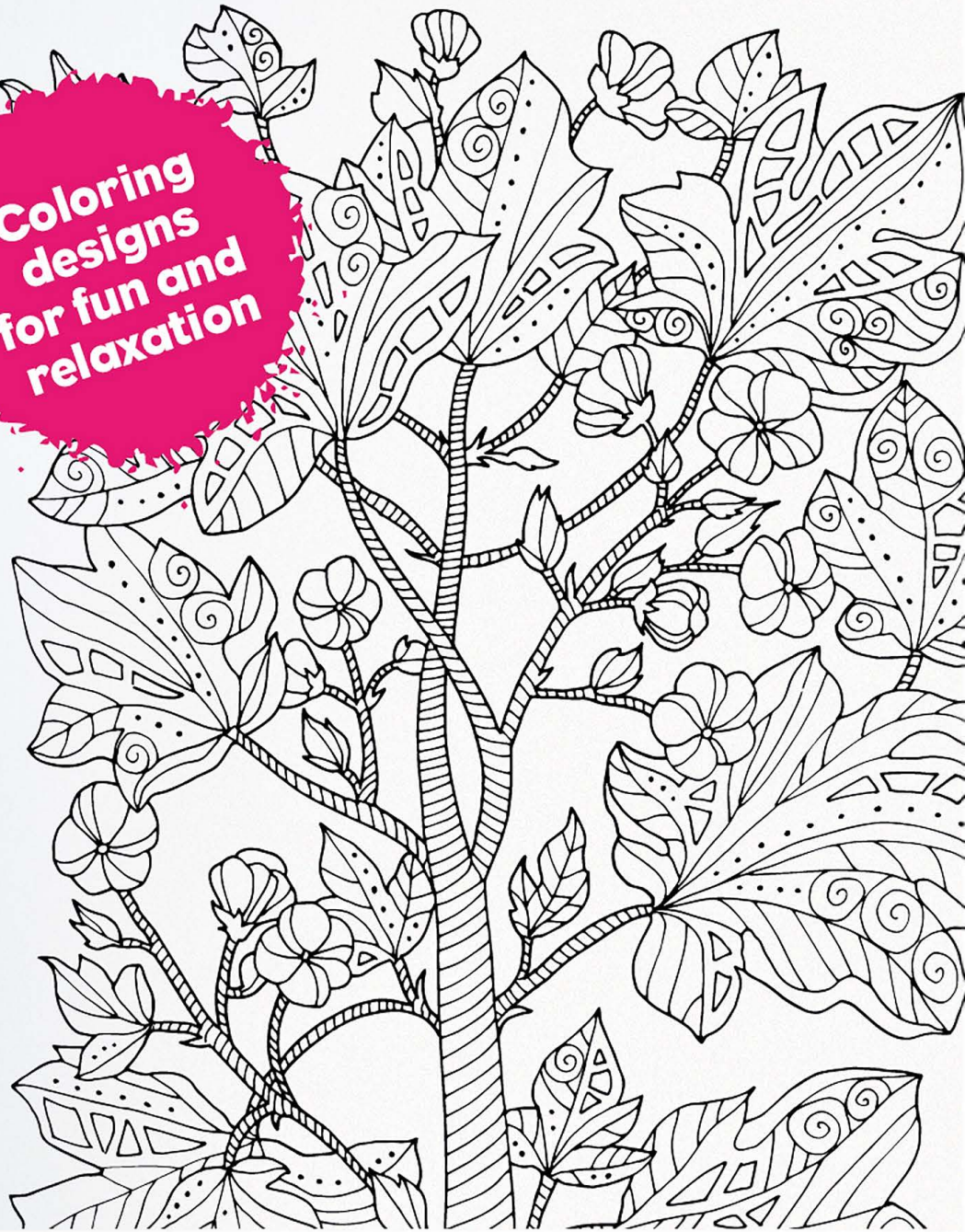
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TIMES UNION ART THERAPY

GARDEN FANTASY

Coloring
designs
for fun and
relaxation



GARDEN FANTASY

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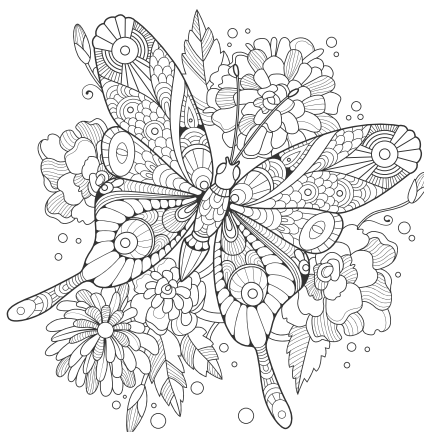
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GARDEN FANTASY

On this journey, Garden Fantasy will take you to a blissful state of mind. You will be indulging in an artistic meditation: coloring magical botanical gardens. Stress will turn into calmness, and an awareness of the present will arise inside you while coloring your magical garden.

By creating diverse and unique colorful atmospheres on each page, your creativity will start to flourish, and joy will start flowing through your body. In order to obtain this level of mindfulness, we recommend you start with a mindfulness exercise.

Close your eyes, take a deep breath, relax your shoulders and neck. Take another breath. Imagine yourself in a beautiful garden, away from the city, away from the noise. Feel the sun warming your body, hold the soil between your fingers, sense the softness of newly budded flowers, and relish in the sweet smell of their nectar. Imagine the diverse colors, textures, and patterns of the garden. Notice the tiny insects, the singing of birds, the aroma of blooming flowers. Notice all the expressions of life around you.

Open your eyes, scan through the coloring book, and stop when you find an image that brings you happiness. Grab your favorite color and start channeling the images from the magical garden you visited during the meditation journey.

Remember, this is your magical garden, it's your moment to experience yourself and your creativity freely and without judgment. As you explore these gardens, you'll reconnect with your inner peace, serenity, and wonder.

Now you are ready to begin the journey: enjoy!



