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MARDI GRAS

Coloring
designs
for fun and
relaxation



MARDI GRAS

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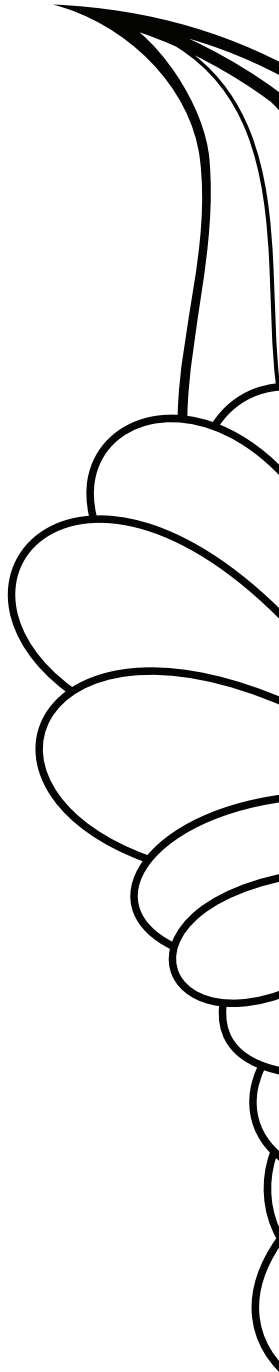
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MARDI GRAS

One of the most impressive carnivals around the world is Mardi Gras. Traditionally it is said that Mardi Gras translates from French as Fat Tuesday, however, some people use expressions such as “Pancake Tuesday”, “Shrove Tuesday” or “Carnival Tuesday” to refer to this festive day.

The carnival started as a period in which Christians fasted in preparation for Easter. Nowadays, people celebrate the day by enjoying magical parades, wearing colorful beads, and eccentric masks, and most importantly: sharing a King Cake with family and friends! These cakes, made of dough, are often garnished with a baby Jesus figure, that is hidden inside. The person who gets the slice of the cake with baby Jesus inside will have luck during the entire year! The mind-blowing festival is celebrated in many cities around the world, but only in three of them you will feel the real magic of Mardi Gras: Venice, New Orleans and Rio de Janeiro. There, the impressive celebrations can last for several days. Some countries even start the celebration weeks before, in January.

Before plunging into coloring, keep in mind the exciting, official colors for Mardi Gras: green, purple, and gold. Green stands for faith, gold for power, and purple for justice.

Enjoy a vibrant voyage to Mardi Gras while relaxing at home! Let the carnival colors guide you to mindful states of mind, raising your vibrations and your awareness of the present moment.

Focus on the colors and designs by sensing the weight of the pencil in your hand, the shades of colors on the paper, and the sensations you experience throughout.

Staying curious and open to what is happening in the here-and-now, will open the gates to delightful meditative states of being. And what’s more, the magical carnival designs in front of you will take you to distant, fun celebrations, where letting go of any negative thoughts will become much, much easier.

Always remember: life is a colorful celebration, just as the Mardi Gras!





