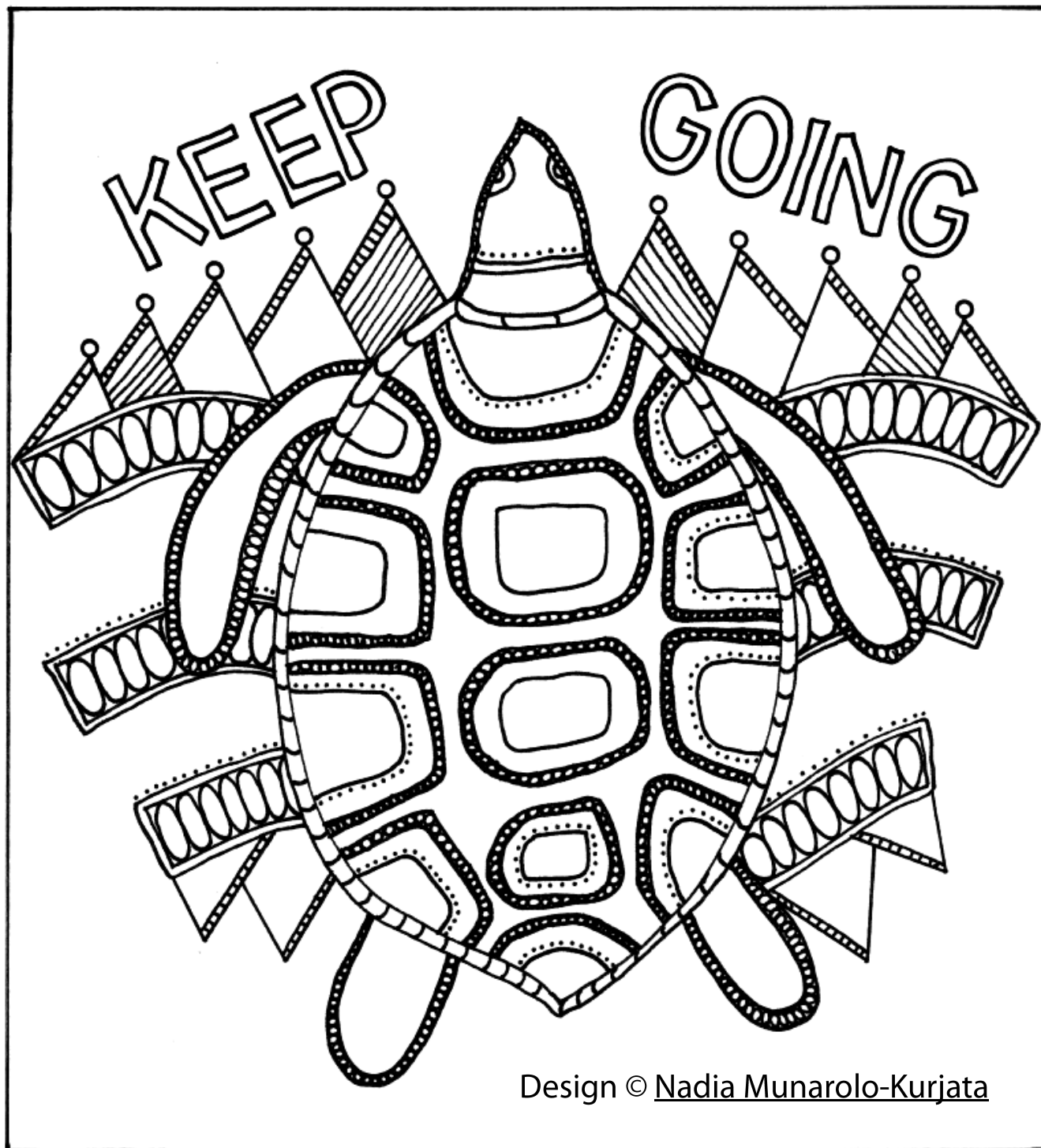


Did you know that coloring has the ability to relax your brain?

Coloring induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest in stressful times.

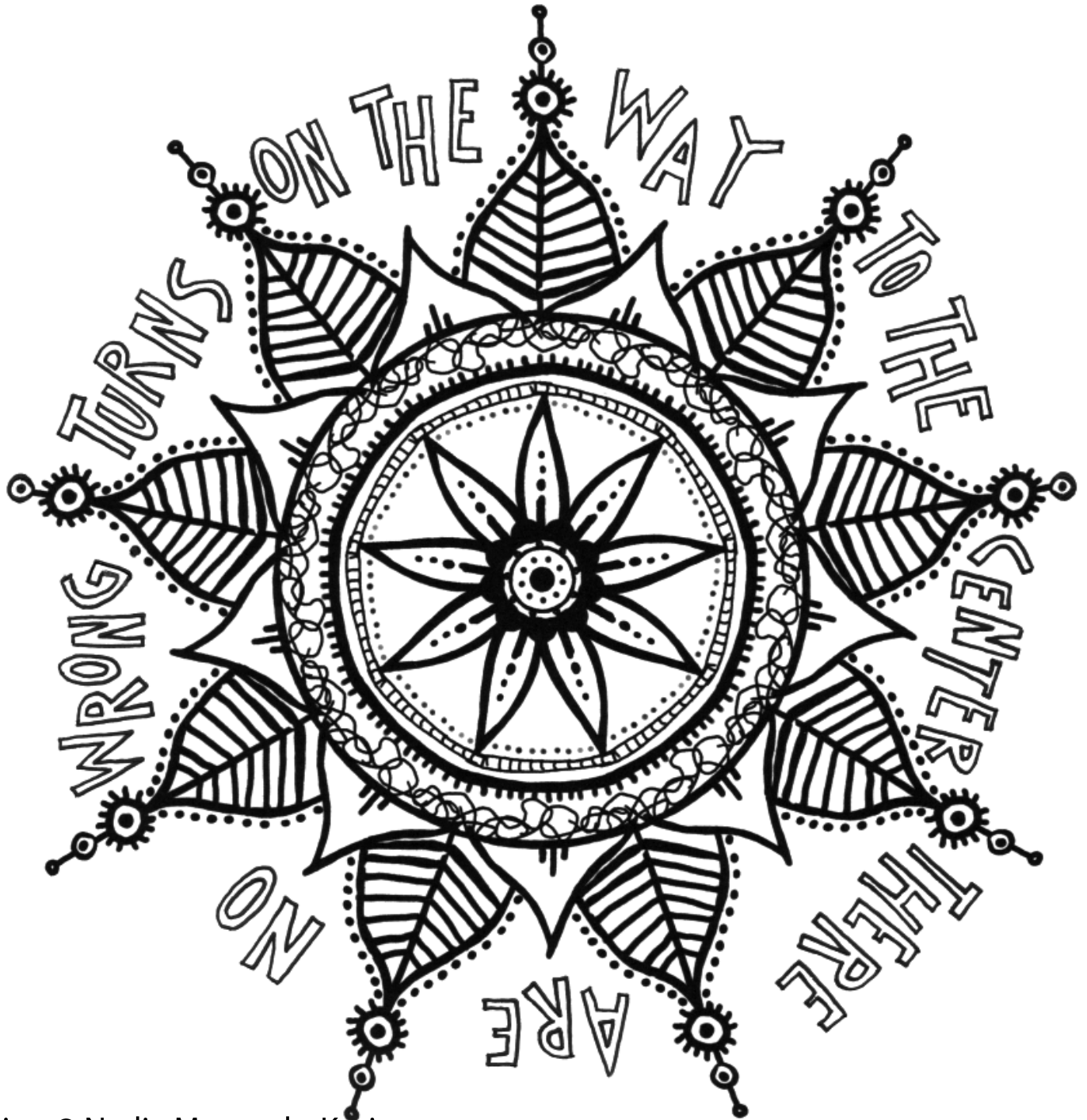
No matter how old you are, we invite you to: Take a break, Take a breath and Color!



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