



COLORIAGE HARMONIE

100 modèles à colorier
pour apaiser le corps et l'esprit

Lacy Mucklow
Illustrations d'Angela Porter



UN LIVRE
DE COLORIAGE ZEN

ÉDITIONS DU LIVRE

Coloriage Harmonie Mod Les Colorier Apaiser

Lacy Mucklow



Coloriage Harmonie Mod Les Colorier Apaiser:

Coloriage harmonie Lacy Mucklow, 2015-11-06 L'art du coloriage Le travail les enfants les relations les unions les courriels les factures la circulation nous subissons tous l'impact du stress dans notre vie quotidienne Certains jours il faut trouver le moyen de faire baisser la pression pour ne pas succomber à l'épuisement Le coloriage est un moyen simple et ludique de réduire le stress et de se ressourcer Dans cet album colorier pour adultes vous trouverez 100 modèles de dessins créés par une thérapeute spécialisée en art thérapeutique Grâce aux thèmes propices à détente vous pourrez vous offrir de petites pauses salutaires mettre de la couleur dans votre vie et surtout tendre vers l'équilibre du corps et de l'esprit

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