Mandala is Sanskrit for circle, polygon, community, and connection. The circle concept represents wholeness which exists in nature and is found in many religious symbols. Mandalas are intricate designs that can be a part of the meditating experience. When you colour a mandala, your goal is to focus on the process of colouring, and be mindful of how it feels to colour. It can be very relaxing and calming.

Check out [www.bewell-dowell.org](http://www.bewell-dowell.org) for more info