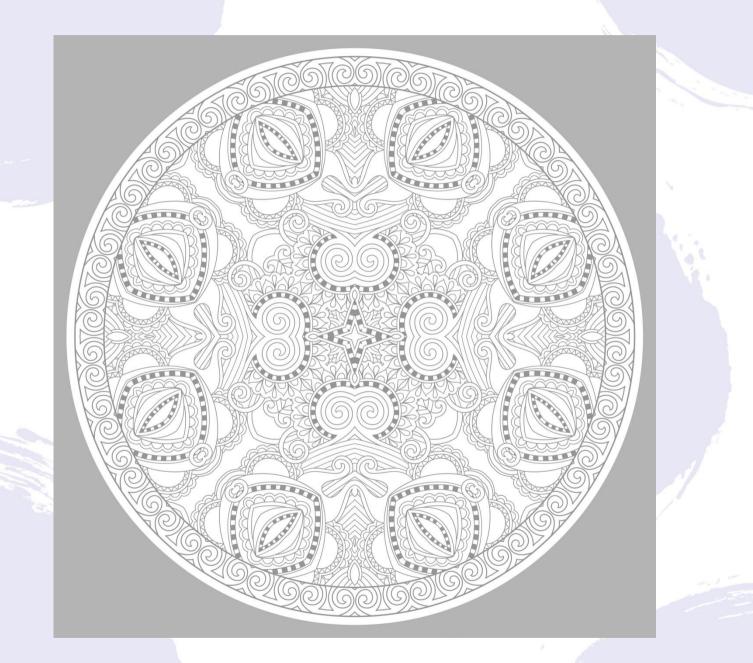


A Mindful Colouring Illustration

Take some time out to colour in this picture to promote your sense of mindful relaxation.



©Amanda Super Consulting Ltd