



The Temple of Sun: 20 Mandalas full of energy from ancient Inca peruvian culture: Inca Culture Mandalas for mindfulness and stress relieving

Luis Felipe Mujica

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20 patterns and 20 Bonus patterns full of peruvian Inca's culture and short mythology stories for Relax, stress relieving and meditation. Feel the energy of ancient cultures and let your creativity explode. Each pattern is designed to maintain a balance between body energy and mental energy, seeking equilibrium through mindfulness. Additionally each symbol shown in the book, aims to explain the Inca mythology as a colorful path leading to the stress relieving through creativity. The meaning of each image is attributed to behavior of human beings to face any inconvenience. In this adventure, coloring becomes your best ally.

- Helps to relax & boost your meditation
- Helps to balance your body, your mind, and your spirit
- Give you that spiritual connection that you needed
- Enhance your creativity
- Encourage your self-expression
- Learn about the peruvian culture in a funny way

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