

Art Mindfulness Serene Tranquil Colouring

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Art Mindfulness Serene Tranquil Colouring

When we talk about kids and mindfulness ... coloring book, because your kid doesn't just get to color within the lines, she gets to determine them. (Psst: You can watch a step-by-step tape art ...

25 Mindfulness Activities for Kids That Will Keep Them from Bouncing Off the Walls

Here's a statement for you: learning guitar is better than meditation. You heard it here first — and you best not forget it, pal.

Learning guitar is better than meditation: An ode to instruments

Create a serene scene Setting a tranquil tone immediately encourages ... elements inspired by nature—such as the olive-green wall color, woven hand fans installed above the bed, and a natural ...

6 Ways to Create a Comfortable Guest Room

For example, while you may find shades of sea and sky to be a serene ... a color palette incorporating cheerful lemon yellow with accents of fuchsia, that combination may inhibit the tranquil ...

How to Paint Interiors With Color Combinations

'Dreamy' and 'serene ... a tranquil retreat. Those who want to bring home more color can with little pops because a little can go a long way. Frances Karsh, another senior designer at Slifer Designs, ...

Spring is the perfect time to rejuvenate and bring color into the home

You can find them at most art supply ... the same color -- create a serene atmosphere in a bedroom. Open up the space with a lighter shade of blue on the walls. Give your room a tranquil, ocean ...

What Color Walls Will Go With a Medium-Blue Comforter?

Want to make your home smell like a tranquil spa, spring garden, or tropical paradise? There's a diffuser (and essential oil) for that.

It's Personal — Scent, Emotion, and Finding the Best Diffuser for You

Cedar Crest printmaker Jan Vanderburg makes serene landscapes inspired by travels ... The linocuts produce bold bands of color. “Winneba Coast, Ghana” shows a flock of boats, their bows ...

Rio Grande Arts and Crafts Festival artists share the inspiration behind their artwork

In his solo exhibition at the Chawkandi Gallery, Arslan Farooqi has presented a wide variety of paintings examining the worlds of crows ...

The space in between

With 1,350 miles of coastline, Florida certainly has a stretch of sandy shores suited for every beach passion, whether it's peering at underwater wonders while snorkeling, searching the low tide ...

Sunshine state has a beach for everyone

True, the pace of new exhibits has slowed (spring shows at the ICA and MFA are pretty much those that opened last fall) and most university art venues ... the more tranquil and serene images ...

Escape The House With These 15 Spring Art Exhibitions

Asscher cut gemstone in a vivid teal color ... blue and the serene and tranquil marine blue of the center stone set against a deeper blue with diamonds and platinum offers the Art Deco geometric ...

The Ever Evolving Creativity Of The Engagement Ring, From Small Designers To Renowned Houses

The name STILLIZY was inspired by the term “steez,” the serene combo of style ... flagship shop is practically an art gallery, bursting with life and color handcrafted by rotating artists ...

How STILLIZY Brings Style, Ease, And Innovation To The Cannabis Space

Besides, some old apartment buildings have been luring potential coffee shop owners with their serene setting ... the neighborhood was tranquil, he decided it would be the location of his cafe. He ...

Apartment cafes add charm to Saigon

It's an undeveloped beach known for its serene environment and pristine shoreline ... South Beach is also known for iconic, pastel-hued Art Deco buildings lining Ocean Drive.

We've got a beach for that

This exercise one-ups the soothing effect of the standard coloring book, because your kid doesn't just get to color within the lines, she gets to determine them. (Psst: You can watch a step-by-step ...

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