




Coloring Method


Print at home exercise

Mantras have been used for thousands of years by various spiritual traditions in order to bring a deeper awareness and concentration into meditative practices. This sample exercise provides you with the space and guidance to explore mantra meditation through easy mindfulness exercises paired with coloring from the *Coloring Method Yoga Mantra Series*. The mantras presented in this series are meant to harmonize and uplift you through the use of sacred sounds from the Sanskrit alphabet.

On this journey:



*You will use your breath to
find presence.*

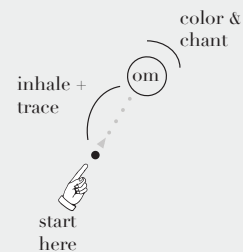


*You will use your mantra's sound +
intention to align with the qualities of Om:
peace, unison, love, and cycles.*



*You will use the act of coloring to gain mental
focus and energize your message.*

*Follow the simple steps of breath, coloring, and intention to
empower and bring concentration into your mantra meditation.
Begin by tracing your inhale at the black dot and as you focus
and repeat your mantra color the dot as you use this single-
focused activity to bring presence into your practice.*



trace and chant OM one time



trace and chant OM three times

