

Gladiolus illyricus

wild gladiolus with honey bees

Mandala Meditation Templates



Laura Davies Art

www.lauradaviesart.co.uk

- Includes 3 colouring pages -
 - Full size A4 with description
 - 2 different sizes on A4
 - A5 Greeting card template

£1.95



get the
best



from your templates

1. There are three templates in this file, an A4 page with Latin and common names, plus a description of the flower. This can be coloured then framed. Next are two templates on an A4 page and finally an A5 greeting card template. Print this onto A4 card, colour, fold down the middle, sign the back and send to your loved ones.
2. The paints/colours you're using will suggest the best paper to print your stencils onto. Standard printer paper would be good enough for coloured pencils and felt pens. For paints you'll probably need a heavier weight paper, maybe even watercolour paper, to stop it buckling. My suggestion would be to start with the standard paper, or whatever you have, give it a try then go from there.
3. The stencils are A4 in size, but could be printed smaller or larger.
4. Colour - choose colours you adore, try different colourways or use the photos to copy the colours of nature. Try opposites, so where there's green paint red, or when yellow paint blue, there are no rules.
5. To get the most out of the meditative, calming nature of a mandala, work in a circle coloring the same element (or grouping) all the way around, turning the piece as you go, until you complete the circle. Then move onto the next element and do the same. You may need to let the paint dry so it doesn't smudge as you turn the work.
4. Painting slowly and with consideration will increase the calming effect.

If you'd like to try your hand at making your own plant mandala drawings look out for the instruction tutorial coming soon.

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wild gladiolus with honey bees



Flowers from March - June in any soil type.

Bright pink-purple flowers, 3-10 per stem, an unexpected pop of colour in the campo. A member of the iris family this perennial grows from a bulb mainly in the Mediteranean region. It became a protected species in the UK in 1975.



Hand painted for you by

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