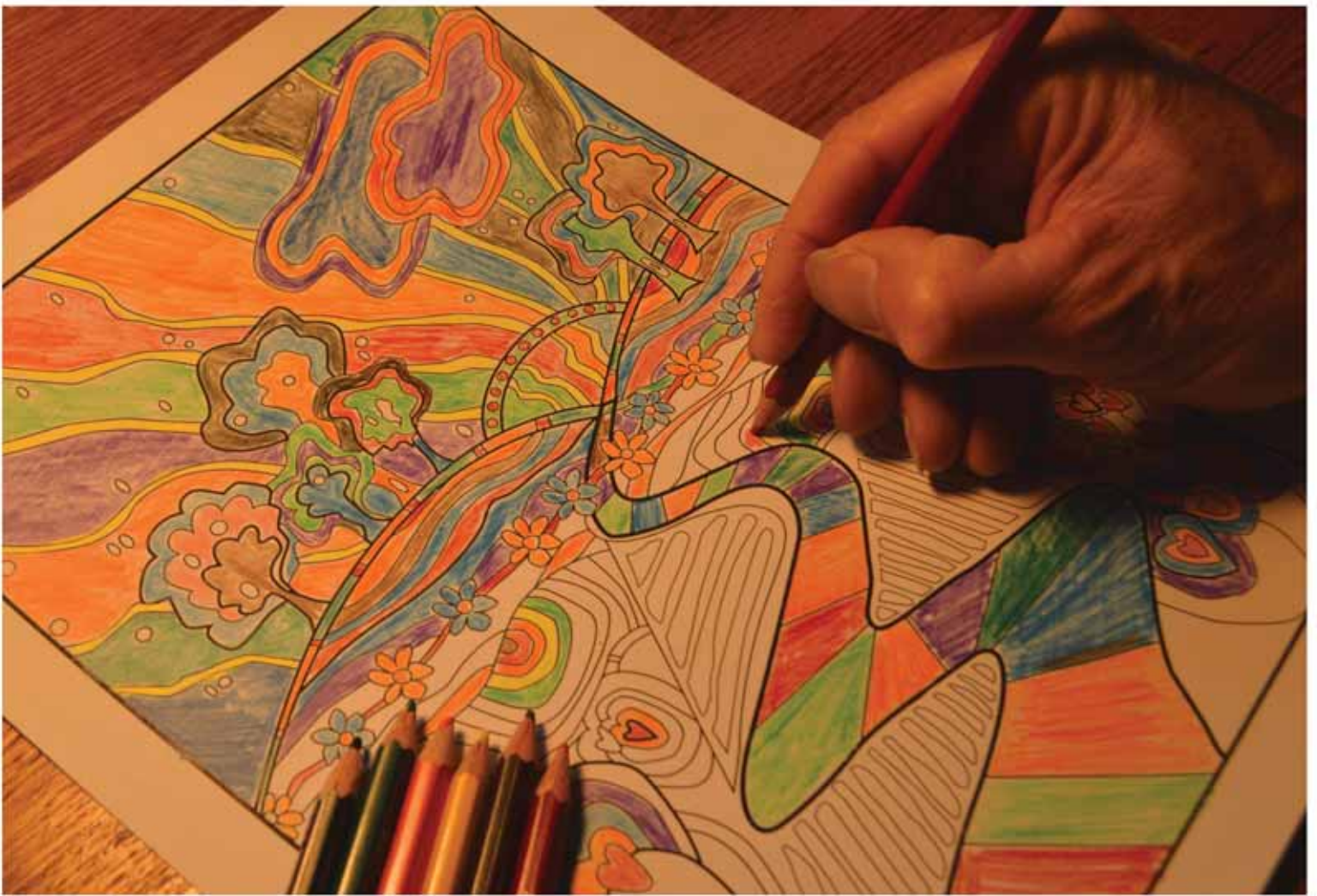


LOS ALTOS HILLS PATHWAYS RUN/WALK 2017

RUN DRAW RELAX



COLORING BOOK

Los Altos Hills Pathways Run/Walk 2017

Art Therapy Adult Coloring Book

Unplug, unwind, disconnect and relax while you use both sides of your brain and naturally focus on something completely different. This coloring book is designed to take you out of your overly stimulated, scheduled, connected world and back into a kids coloring book world allowing you time to relax, focus and destress. While coloring the pictures in this book, focus on the stress free days of your childhood exploring the wonders of nature. Relax the chatter of the restless mind from work, family and politics and focus on the moment of the simple coloring activity.

Adults have often forgotten the simple joys and rewards of drawing. Adult lives are too scheduled and stressed to take the time to do something as simple as a coloring book. Hopefully this book gives you an excuse to break those habits and start your adult coloring book hobby.

There are many printable coloring book pages easily downloadable from the Internet. Simply search for Adult Coloring Book images.

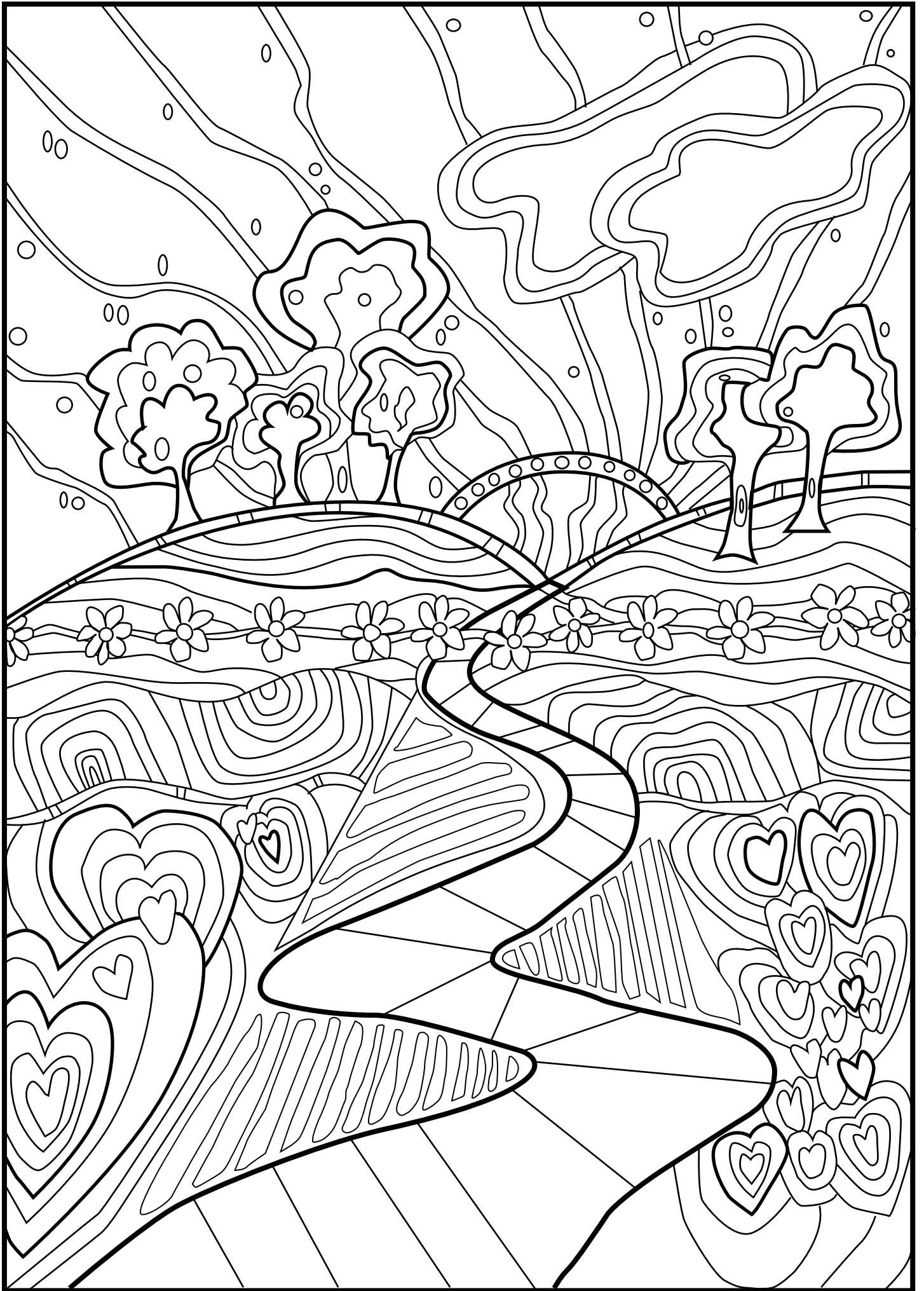
There is no right or wrong technique for adult coloring books. Most adults prefer to use color pencils although colored pens would work too. Pick up a set of coloring pens or pencils at your local office supply store or art store. A set of 12 pencils is sufficient otherwise you spend too much time deciding on colors if you get the 128 pencil set!

We hope coloring the images in this book bring a new state of relaxed and mindfulness to you that you might not have experienced if we didn't offer this opportunity to be a kid again. We are never too old to color between the lines and explore art and our ability to create art, draw and color.

Happy Drawing,

Los Altos Hills Pathways Race Director,

Scott Vanderlip



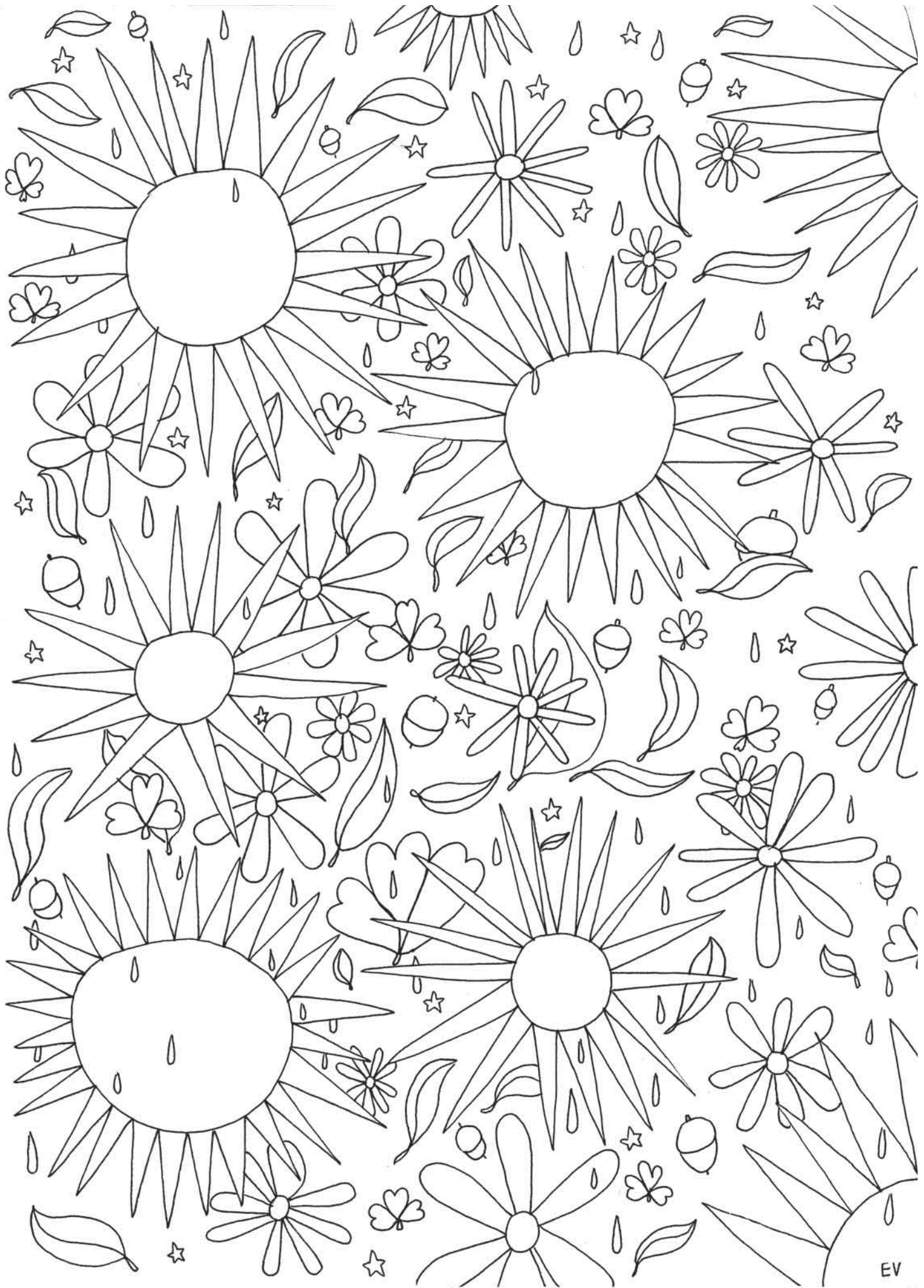


TREE CITY - S. VANDERLIP 4/17

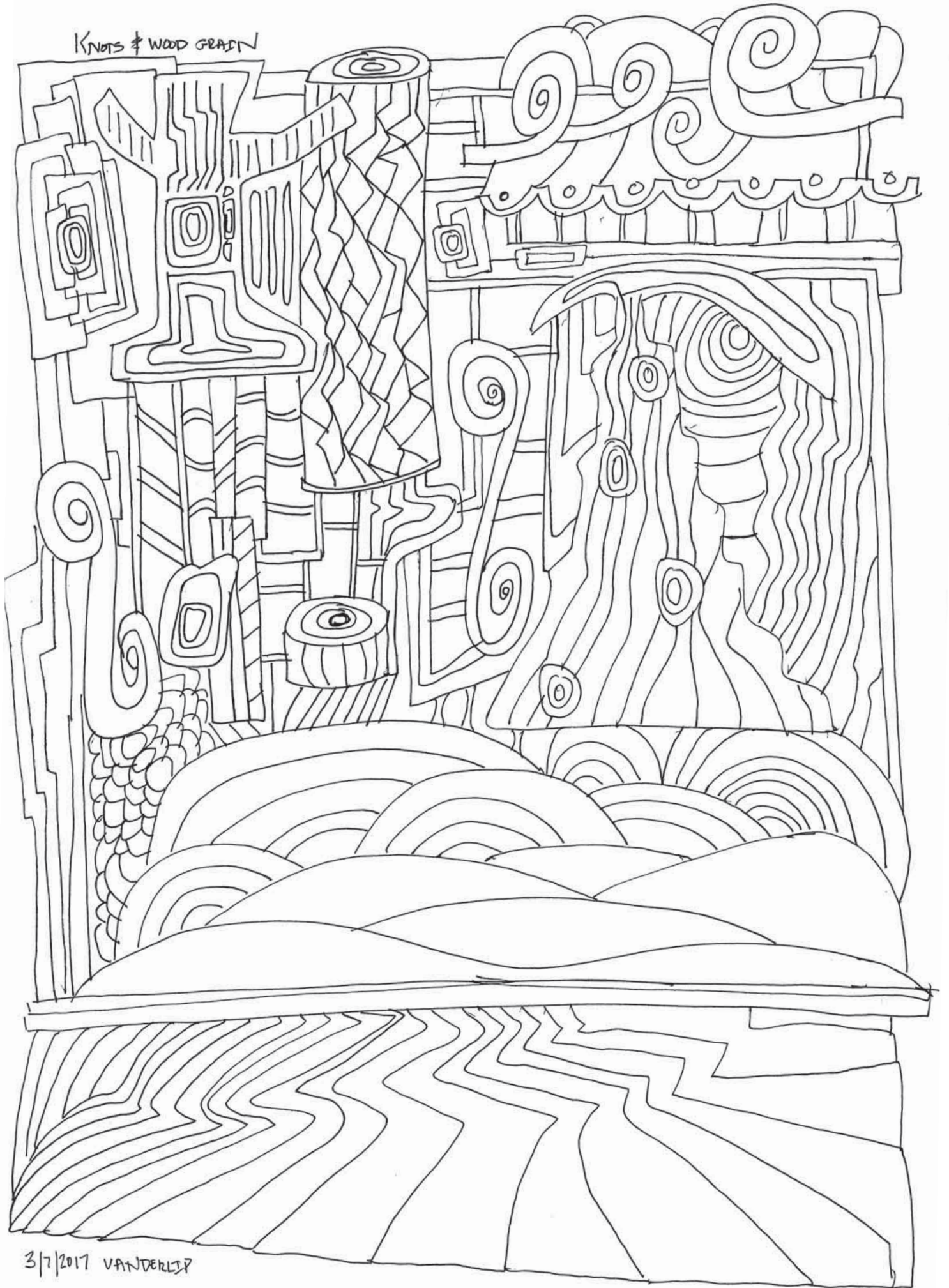


S. VANDERLIP APRIL 2017

STARS & MOONS



KNOTS & WOOD GRAIN



3/7/2017 VANDERLIP

Weather, wind & sky



