



Photos by Tara D'Cruz Noble



Encouraging you to step out of the busyness of daily life and into a space of restoration and renewal, **Mandala Living** brings you a thoughtful range of Australian made luxury yoga and meditation cushions, eco friendly bean bags, and floor cushions.

Founder Tara Lamond, who is also a qualified and practicing Yoga Teacher, found the many benefits of meditation at a time when her lifestyle was anything but relaxed.

Time poor, and feeling depleted from a busy schedule served as the catalyst for Mandala Living to bloom.

Transcending a life in the fast lane and integrating yoga and meditation into her daily routine gave Tara renewed and improved health and energy.

Through Mandala Living she now encourages others to slow down, breathe and make time to nurture their own wellbeing.

"I have a few practices that help to keep me balanced. Exercise in the morning, daily meditation and regular yoga practice. Some days this might also look like a walk on the beach, enjoying a cup of tea in bed followed by a yoga nidra or a relaxing bath.

What I have gained most from creating time and space for myself is that I feel calmer, clearer and more content. Helping me to maintain balance in the rest of my crazy days juggling work, kids and family life."

It's all in the details.

The Mandala Living collection has been designed to help you create a sanctuary in your own home, complimenting your existing space and schedule.

Consciously handcrafted in Australia, all cushions, bolsters and pillows are filled with environmentally friendly materials such as

Australian wool, post-consumer recycled plastic bottles, buckwheat hulls and flaxseeds.

With an holistic approach to design, the Mandala Living collection proudly supports Australian agriculture and sources wool, buckwheat hulls and flaxseeds from local farmers.

Wool has long been renowned for its durability, breathability and conservative use of water and energy compared to alternative fibres. It is also naturally biodegradable, dust mite resistant, antimicrobial and antibacterial making it the perfect choice for cushions that connect with sensitive skin.

Buckwheat hulls are used to fill meditation cushions and have hypoallergenic properties and will last for around 10 years making them a beautifully sustainable investment.

Bolsters are filled with wool or with post-consumer recycled plastic bottles, giving new life to an otherwise unwanted resource and for every 1kg of fibre used, around 70 water bottles are saved from ending up in landfill.

The range also incorporates earth friendly fibres such as Linen, Cotton and Hemp.

Quality craftsmanship along with natural and ethically sourced materials offer a long lasting and environmentally friendly option for those who value and appreciate the entire story of a product and its impact from conception through to manufacture.

Tara's holistic approach to business and life allows her to share the benefits of a more connected lifestyle through the Mandala Living range of yoga and meditation cushions as well as restorative women's retreats throughout the year.

Shop the entire Mandala Living collection and connect with Tara at www.mandalaliving.com.au @mandalaliving