

THE HARMONY
OF COLOUR SERIES

CORAL REEF

RELAX AND UNWIND WITH
ADULT COLOURING

BOOK 112

AUST/NZ \$14.95^{GST}

ISBN 978-1-925951-58-5



9 781925 951585 >

nuclear

THE **HARMONY**
OF **COLOUR** SERIES

CORAL REEF

Stressed out at work? Are the pressures of the world getting you down? We guarantee relaxation with these complex Zen and anti-stress colouring pages for adults.

Harmony of Colour: Coral Reef offers detailed images and patterns that are chosen by experts for their soothing properties.

Be aware of the overall harmony of your colouring rather than focusing on each element individually. Try to balance the colours so that they are a reflection of your emotions of the moment. If the colours of your page are in harmony, then your mind will follow!

Now... grab your pencils or textas and de-stress...



Find Harmony of Colour on Facebook:

www.facebook.com/harmonyofcolour

Follow us on Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



PO Box 230
Double Bay NSW 1360
Australia
+612 9363 1464

Creative Director: Luke Shaddock
Managing Director: Michael Downs

All images: Shutterstock



“Coral reefs represent
some of the world’s most
spectacular beauty spots,
but they are also the
foundation of marine life:
without them many of
the sea’s most exquisite
species will not survive.”

— Sheherazade Goldsmith —



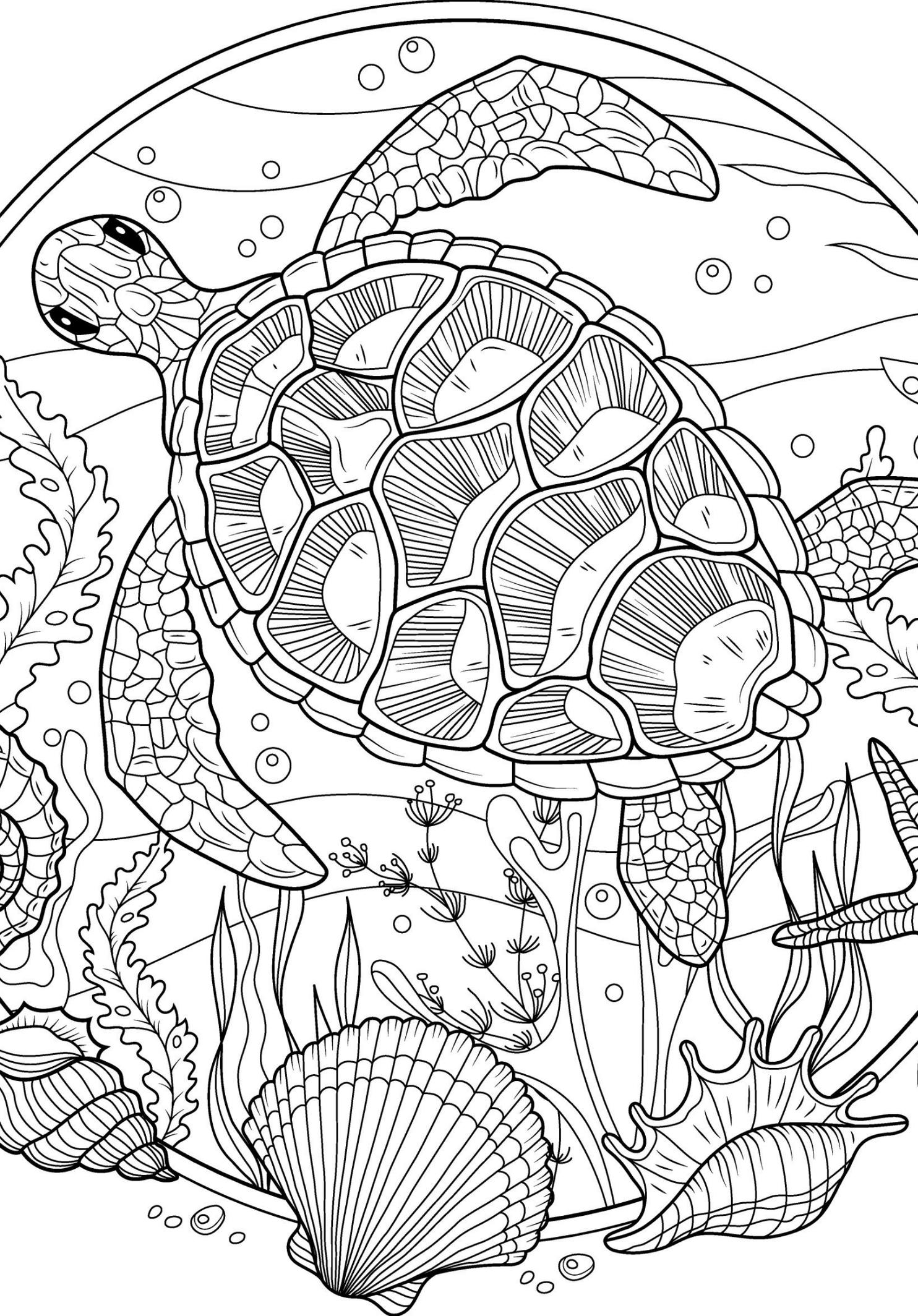
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The creatures of the sea hold special mystery, and they are among the most exciting, graceful, and beautiful on Earth.”

— Carl Safina —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“I can mention many moments that were unforgettable and revelatory. But the most single revelatory three minutes was the first time I put on scuba gear and dived on a coral reef. It’s just the unbelievable fact that you can move in three dimensions.”

— David Attenborough —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Coral reefs, the rain forest of the ocean, are home for one-third of the species of the sea.”

— James Hansen —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The ocean makes
me feel really small
and it makes me put
my whole life into
perspective.”

— Beyoncé —



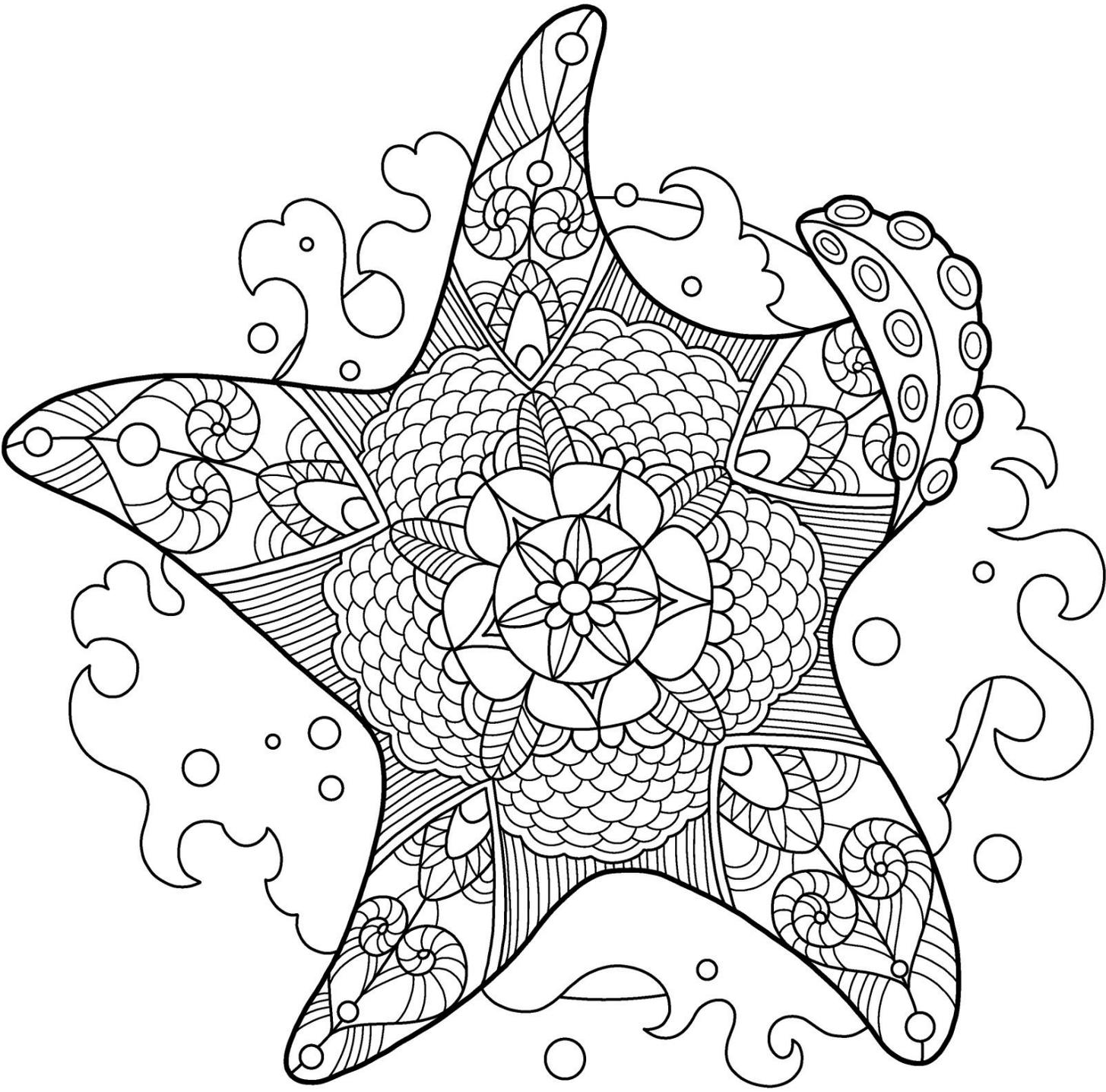
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The Pacific coral reef, as a kind of oasis in a desert, can stand as an object lesson for man who must now learn that mutualism between autotrophic and heterotrophic components, and between producers and consumers in the societal realm, coupled with efficient recycling of materials and use of energy, are the keys to maintaining prosperity in a world of limited resources.”

— Eugene Odum —



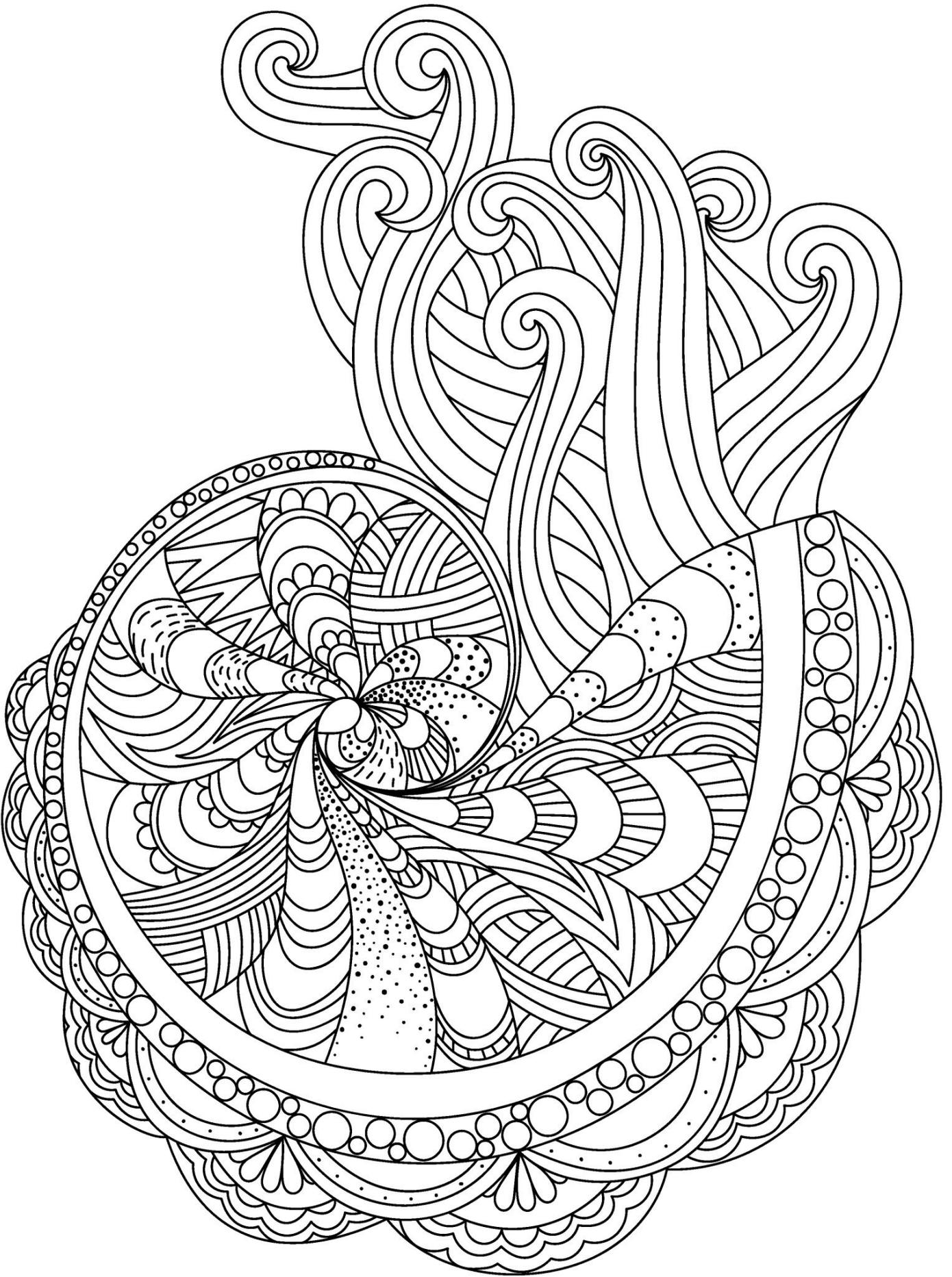
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Just consider the living riot of a coral reef, the beauty of an albatross, the awesome power of a giant turtle, the grace of a dolphin. Now multiply that by the millions of creatures in the sea. Wow!”

— Carl Safina —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“We need a whole
new vocabulary, new
adjectives, adequately to
describe the designs and
colors of under sea.”

— William Beebe —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“If you get people diving on a coral reef, they’re going to become more respectful of the outdoors and more concerned with the threats that places like that face and they’re going to care more about protecting them than they would have before.”

— Tim Cahill —



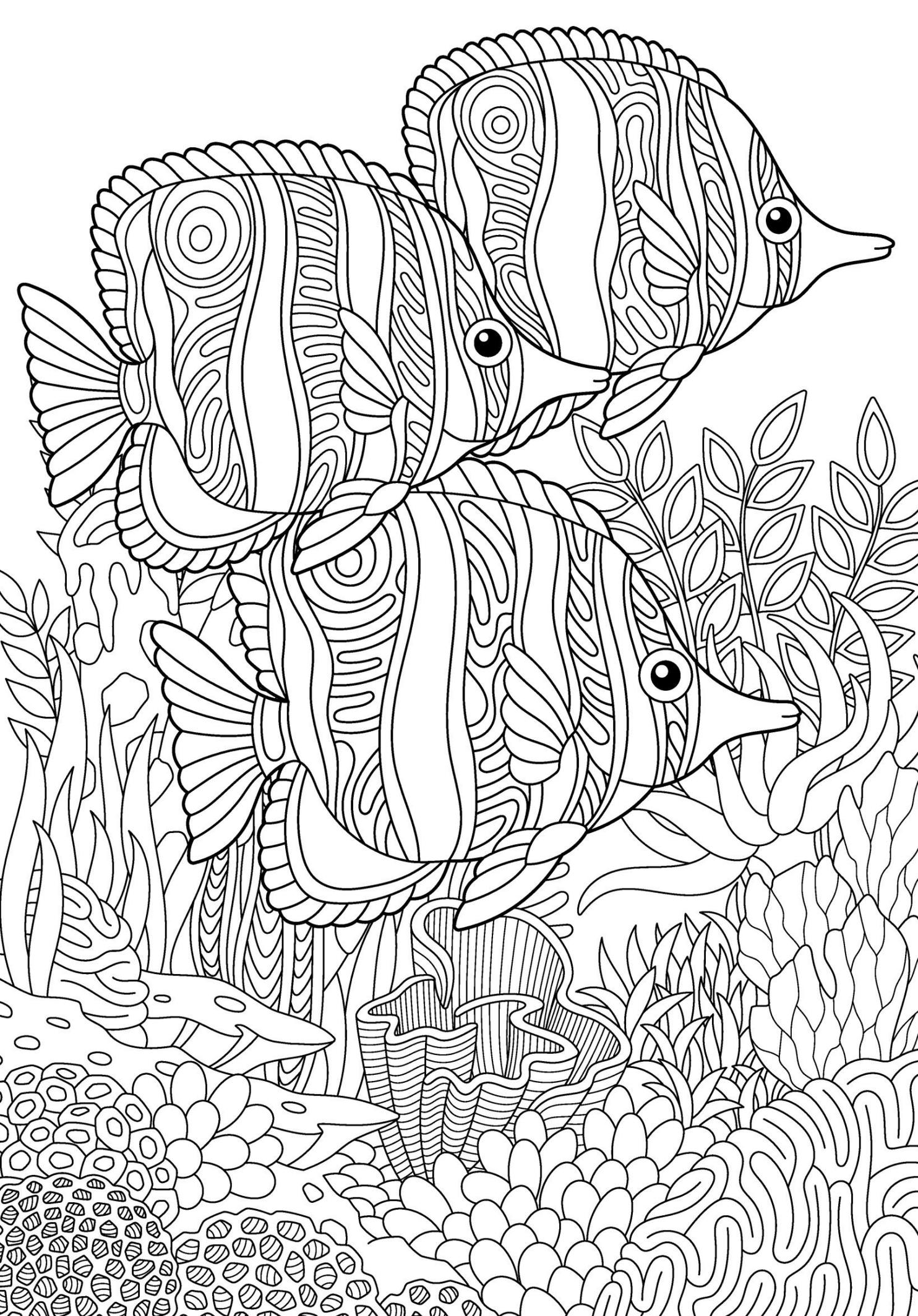
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Coral is a very beautiful and unusual animal. Each coral head consists of thousand of individual polyps. These polyps are continually budding and branching into genetically identical neighbours.”

— Antony Garrett Lisi —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“For a photographer,
sharks are a stirring
subject, possessing a
perfect blend of grace
and power. They have
been sculpted by
evolution and are ideally
suited for whichever
ecosystem they inhabit,
from coral reefs to
the open ocean.”

— Brian Skerry —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Practically the whole world depends on coral reefs, so if the coral reefs get all killed, then the ocean will start going out of whack, and if the ocean goes out of whack, something might happen on land.”

— Alexander Gould —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The cities are the principal
home and seat of the
human group. They are the
coral colony for Man,
the collective being.”

— Alfred Doblin —



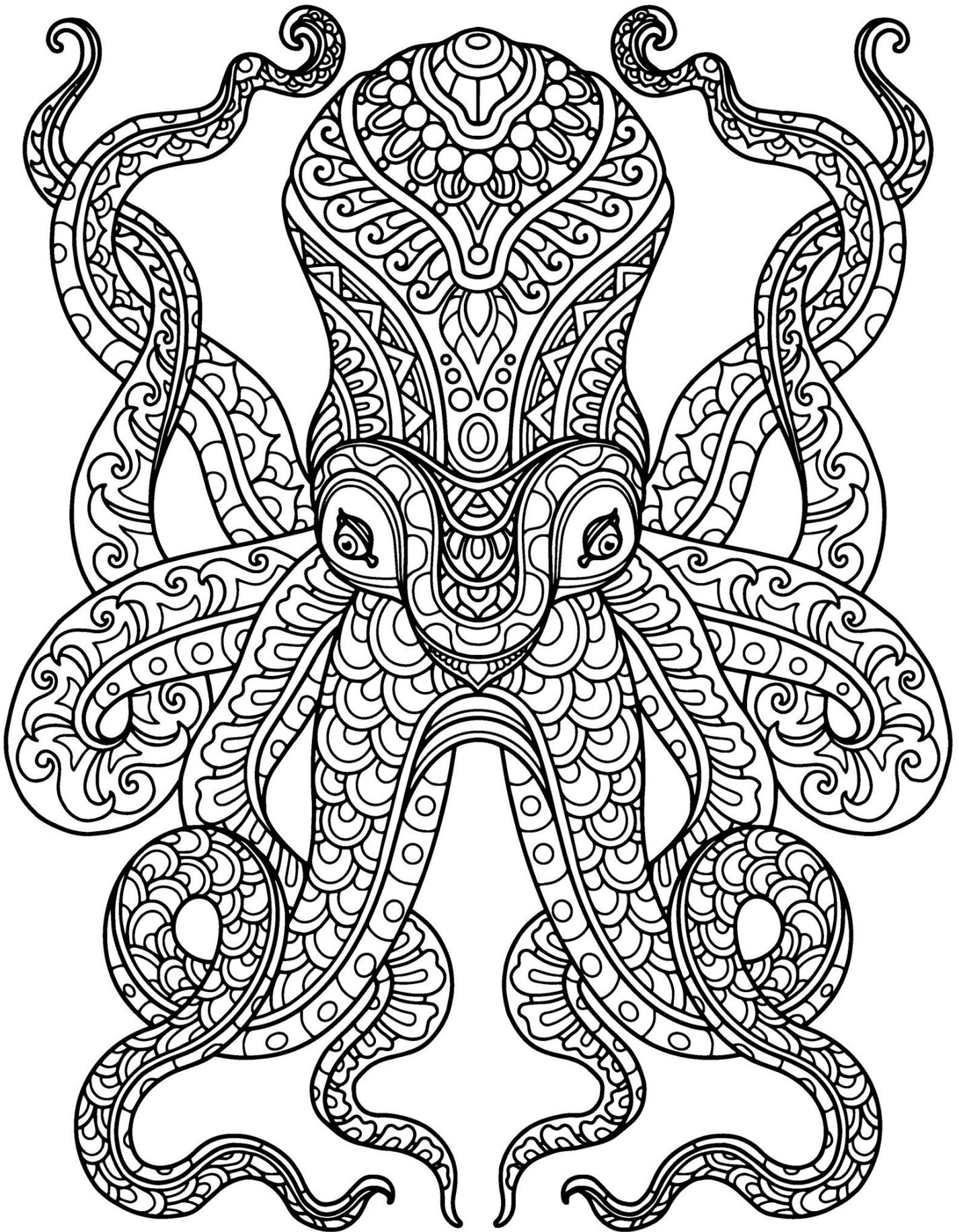
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Centuries-old habitats such as coral gardens are destroyed in an instant by bottom trawls, pulverized by weighted nets into barren plains. And global carbon dioxide emissions from human activity affect the ocean, changing the pH balance of the waters in a phenomenon known as ocean acidification.”

— Ted Danson —



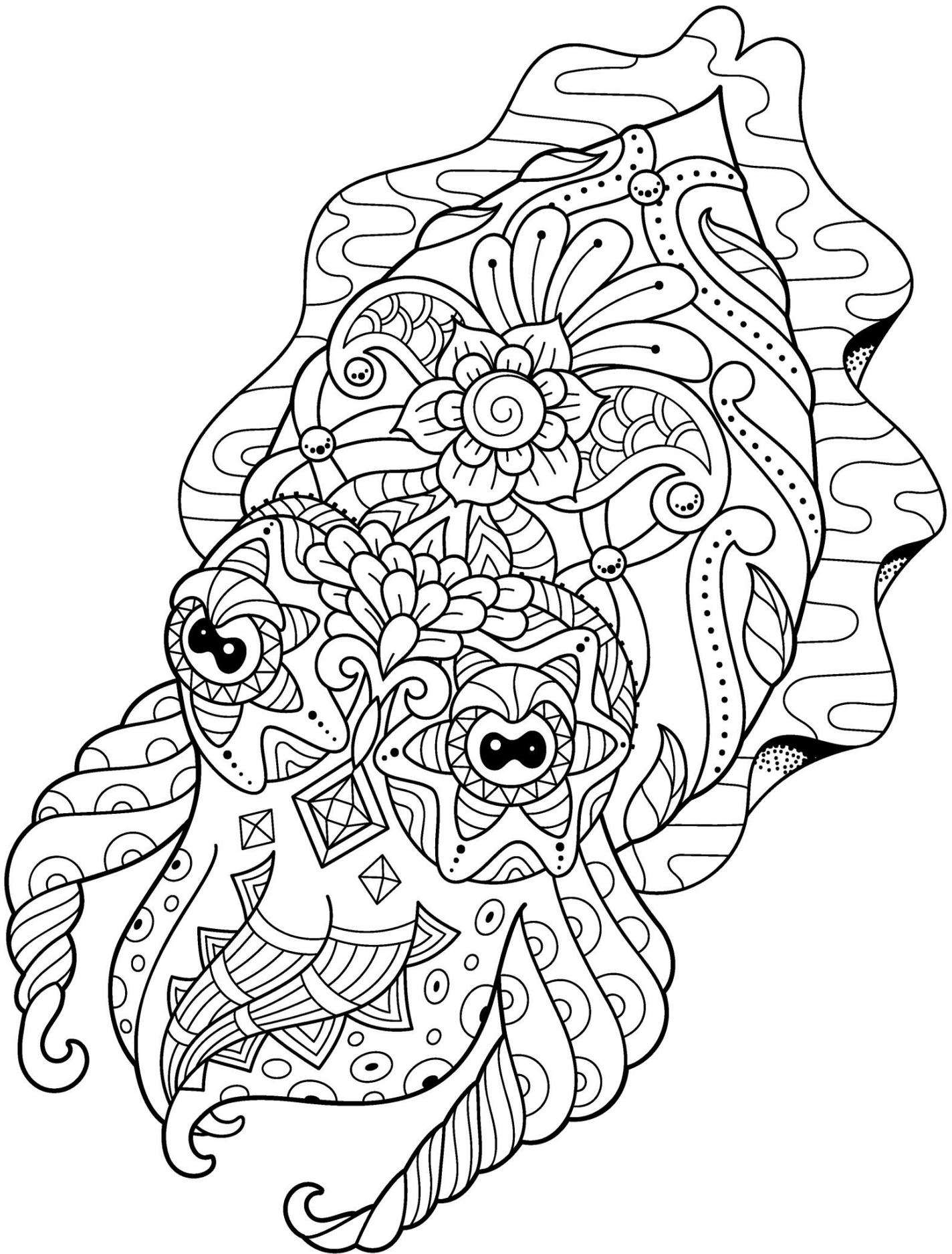
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Ocean acidification is often referred to as osteoporosis of the oceans because as acidity rises, shell building creatures such as lobster, oyster, crab, shrimp, and coral are unable to extract the calcium carbonate from the water that they need to build their shells and are thus unable to survive.”

— Philippe Cousteau, Jr. —



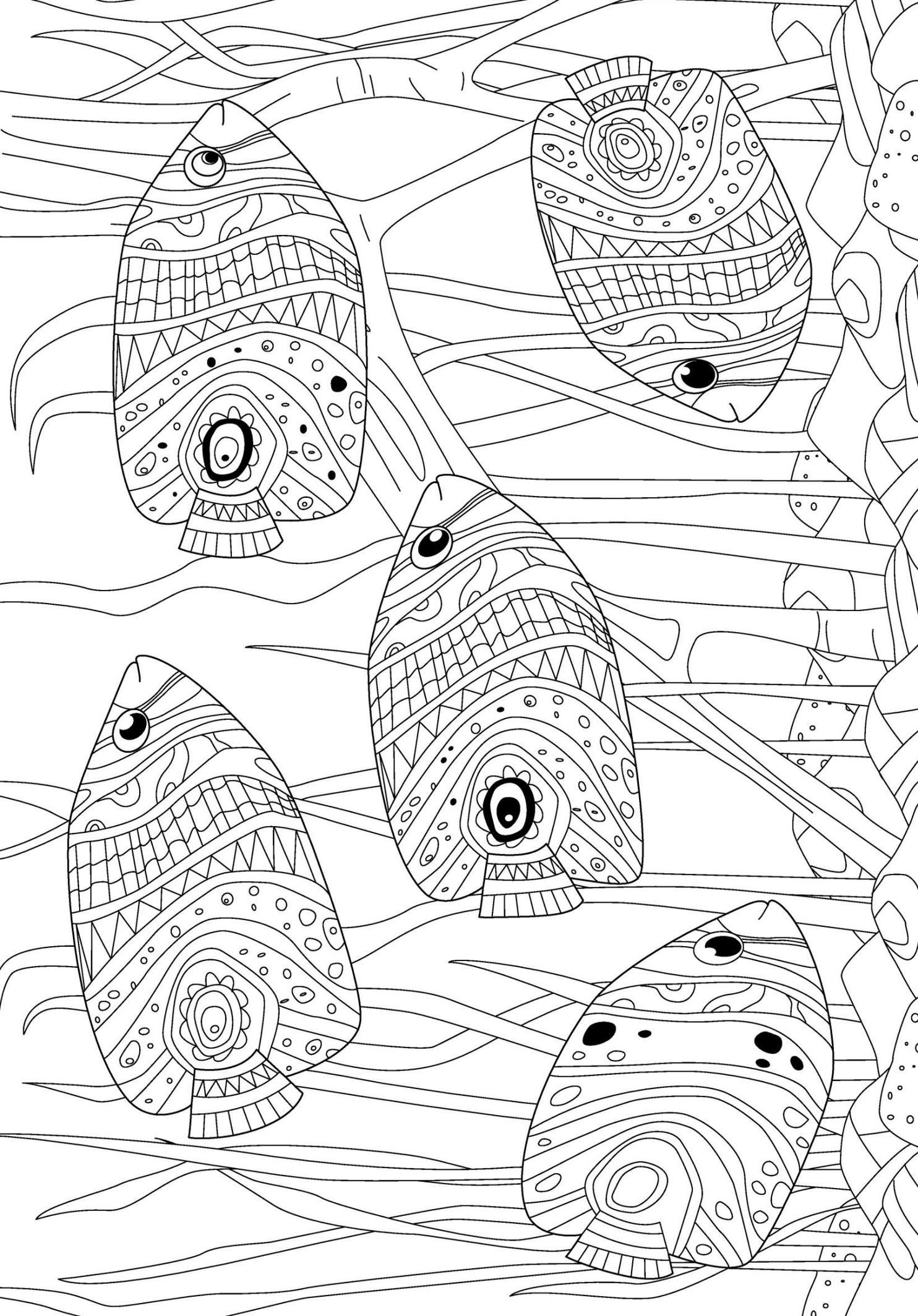
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“As the oceans get hotter, corals also become heat-stressed and expel the algae that live on their skeletons, resulting in coral bleaching events that can wipe out entire reefs. This destroys the habitat that supports a quarter of all marine life.”

— Barry Gardiner —



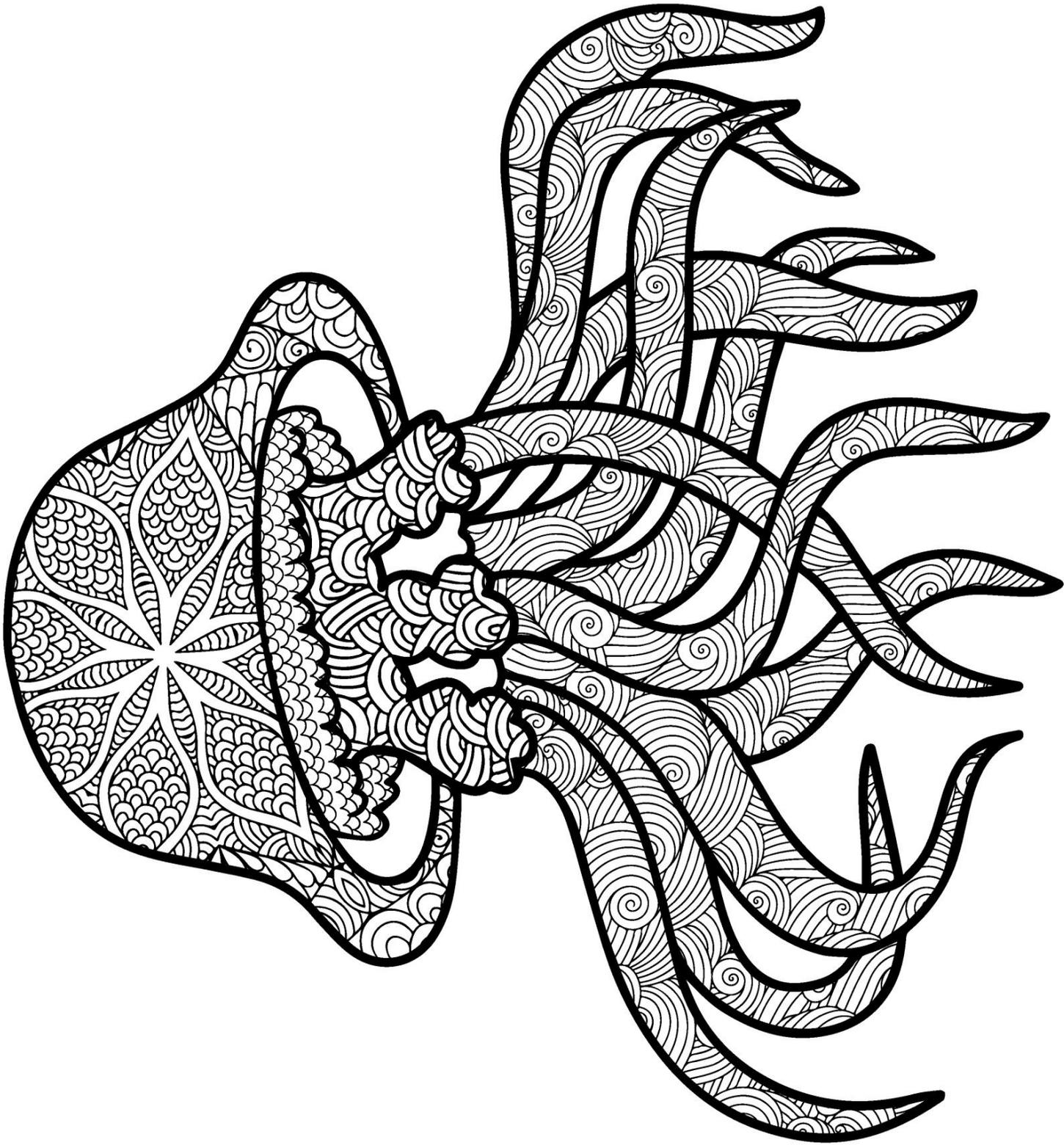
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“How inappropriate to
call this planet Earth
when it is clearly ocean.”

— Arthur C. Clarke —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Why is it that scuba divers
and surfers are some of
the strongest advocates
of ocean conservation?
Because they’ve spent time
in and around the ocean,
and they’ve personally seen
the beauty, the fragility, and
even the degradation of our
planet’s blue heart.”

— Sylvia Earle —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The sea, once it casts
its spell, holds one in its
net of wonder forever.”

— Jacques Cousteau —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“There’s nothing more
beautiful than the
way the ocean refuses
to stop kissing the
shoreline, no matter
how many times
it’s sent away.”

— Sarah Kay —



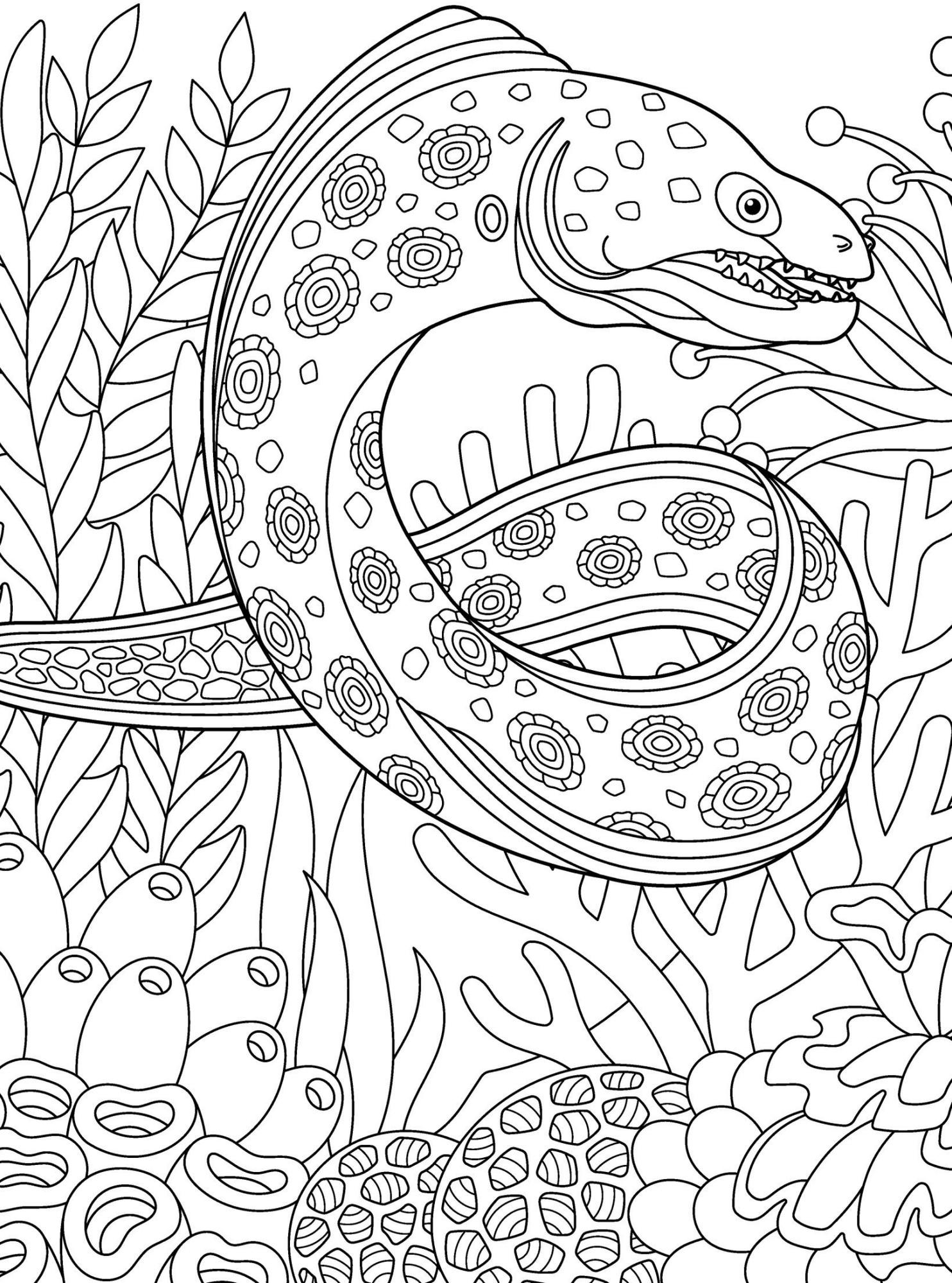
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“There’s nothing wrong with enjoying looking at the surface of the ocean itself, except that when you finally see what goes on underwater, you realise that you’ve been missing the whole point of the ocean.”

— Dave Barry —



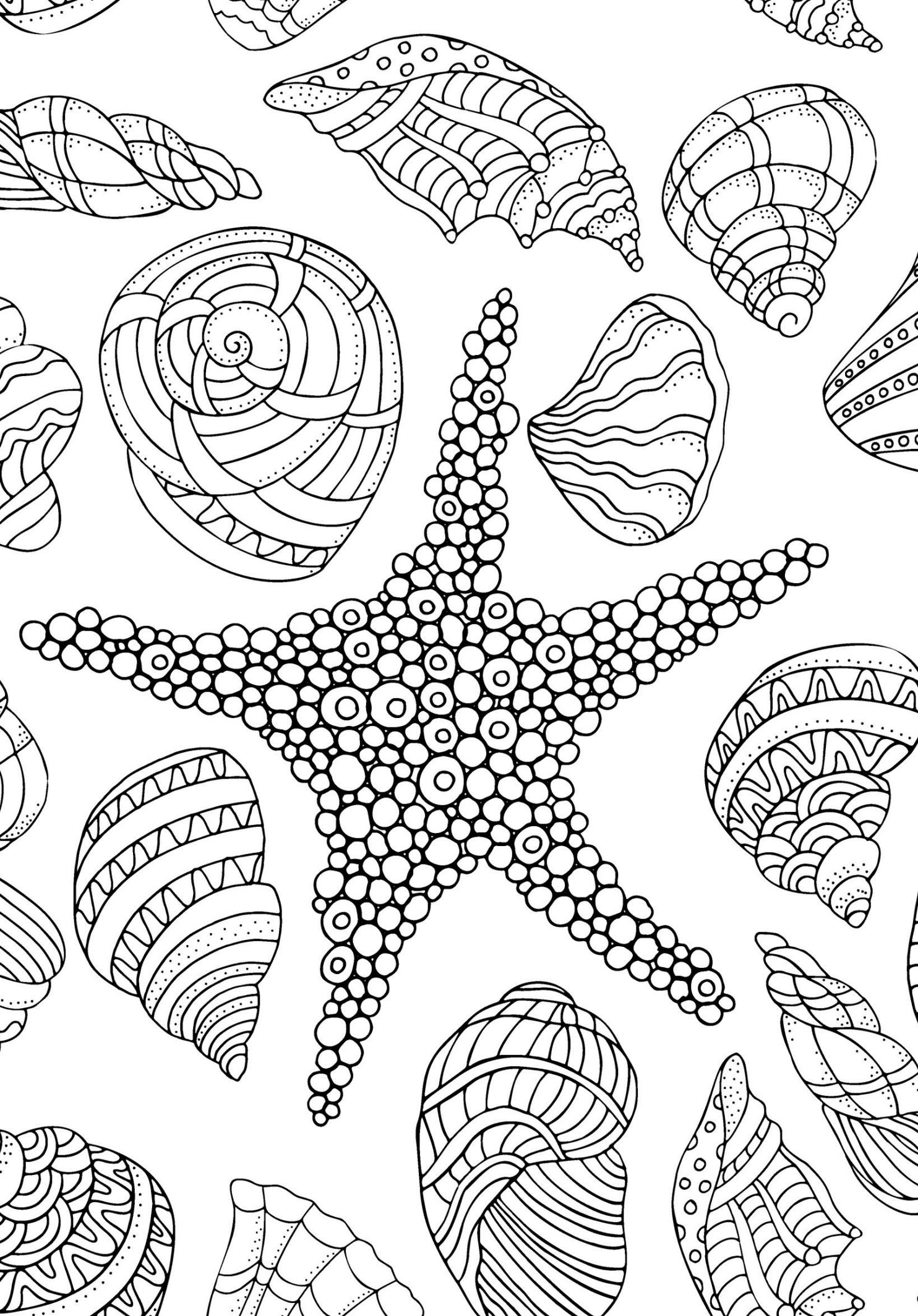
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The sea is as near as we
come to another world.”

— Anne Stevenson —



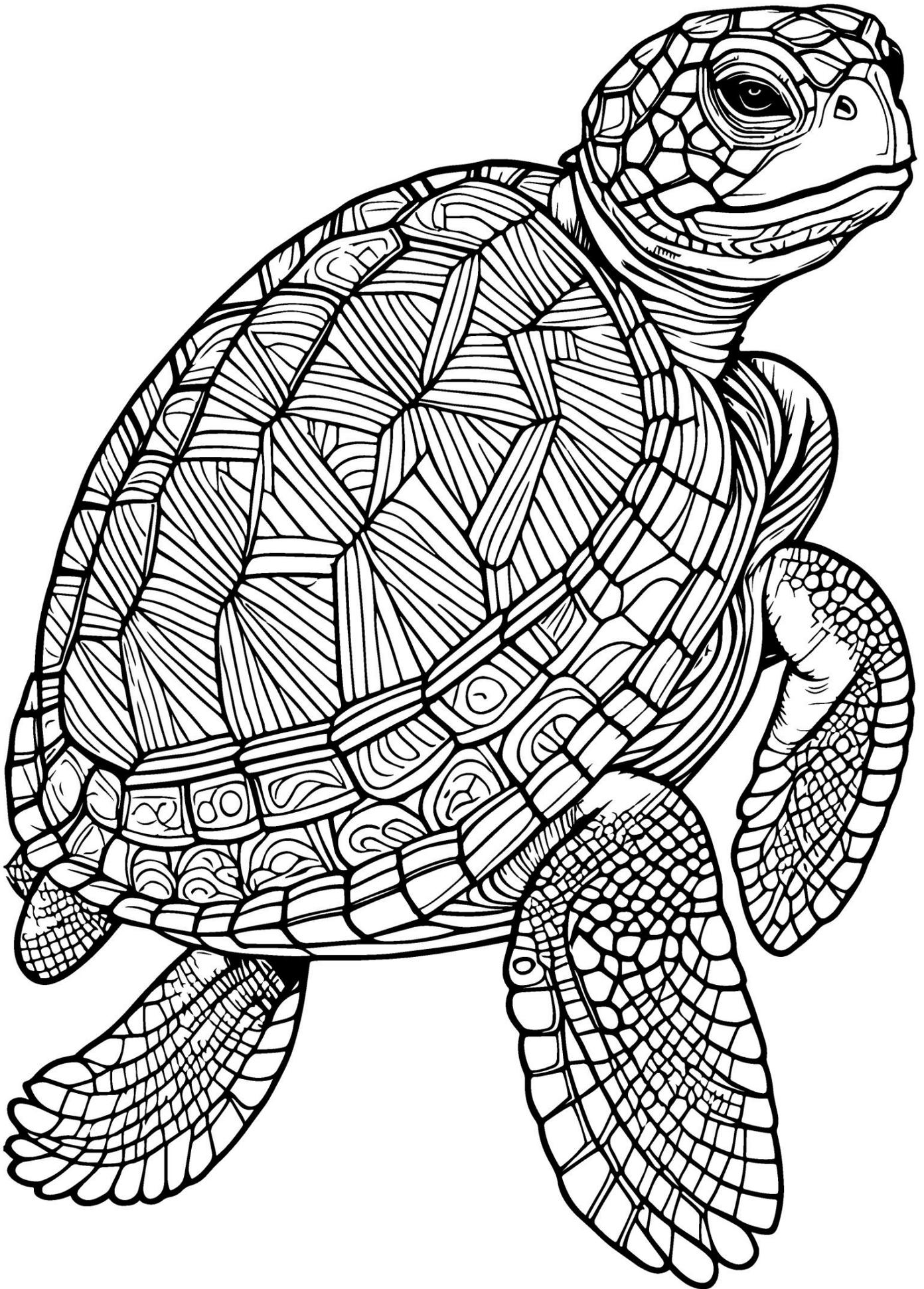
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“We need to respect
the oceans and take
care of them as if our
lives depended on it.
Because they do.”

— Sylvia Earle —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The ocean stirs the
heart, inspires the
imagination and brings
eternal joy to the soul.”

— Robert Wyland —



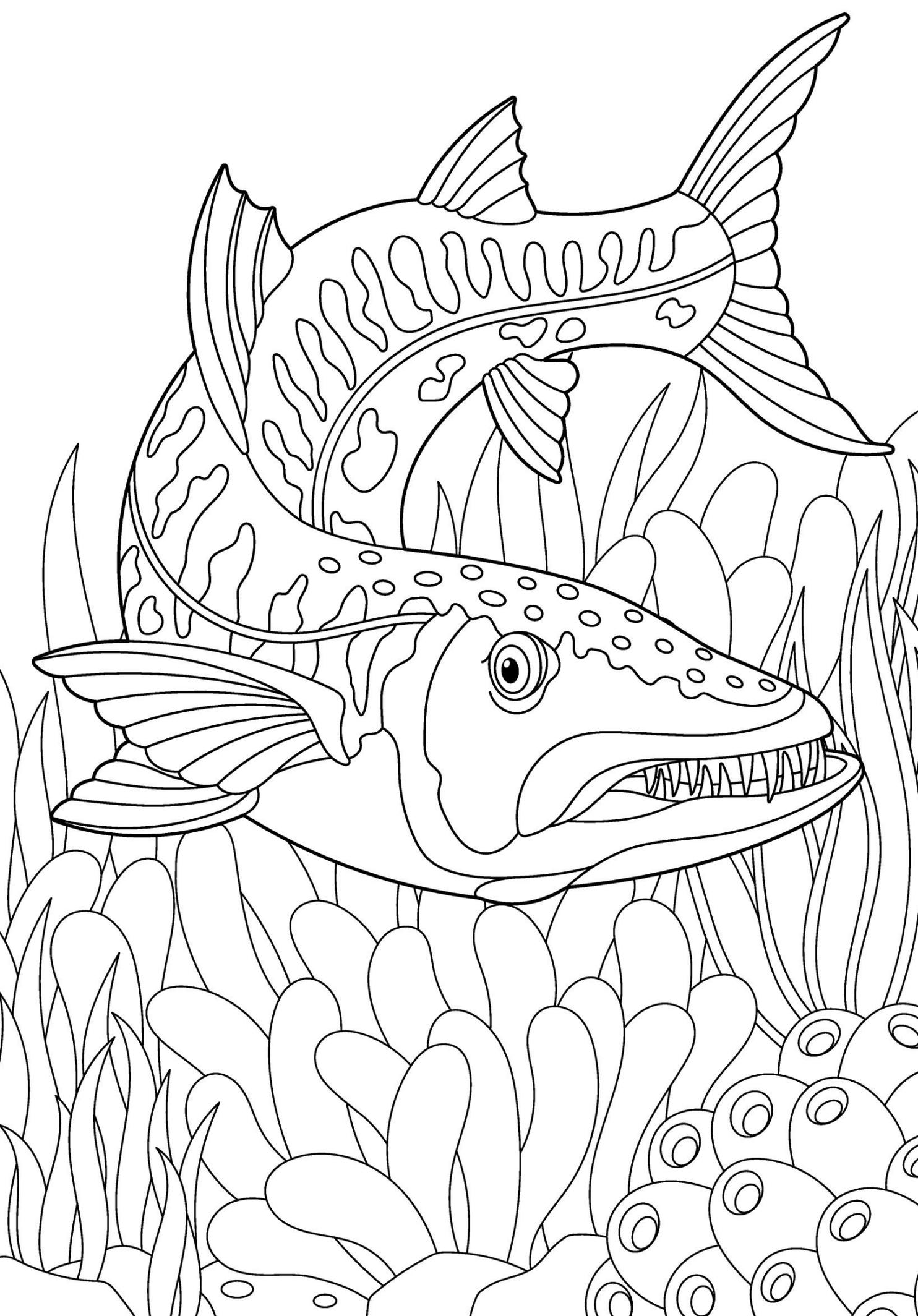
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The best way to observe
a fish is to become a fish.”

— Jacques Cousteau —



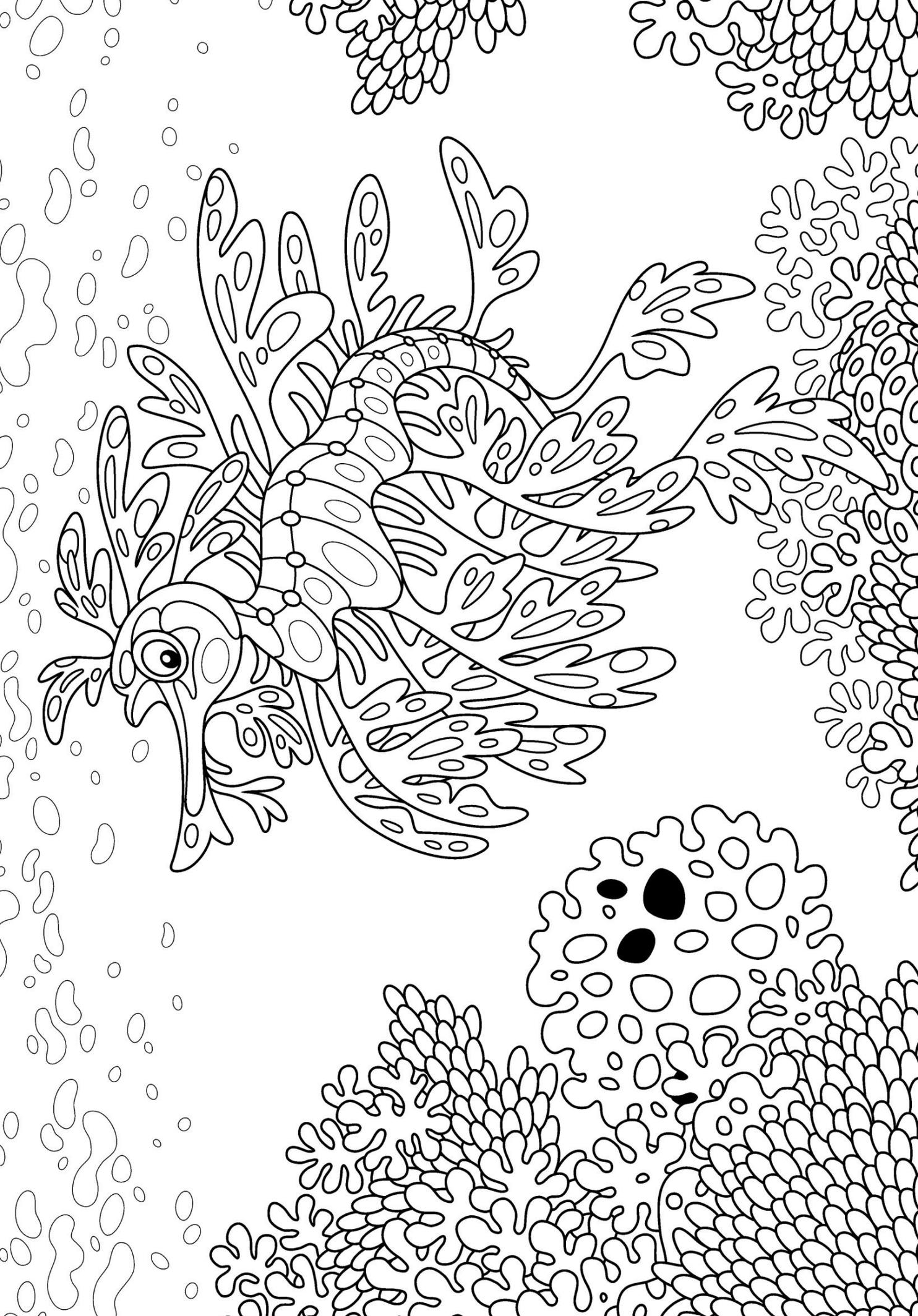
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“And it is an interesting biological fact that all of us have, in our veins the exact same percentage of salt in our blood that exists in the ocean, and, therefore, we have salt in our blood, in our sweat, in our tears. We are tied to the ocean. And when we go back to the sea, whether it is to sail or to watch it, we are going back from whence we came.”

— John F Kennedy —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“No water, no life.
No blue, no green.”

— Sylvia Earle —



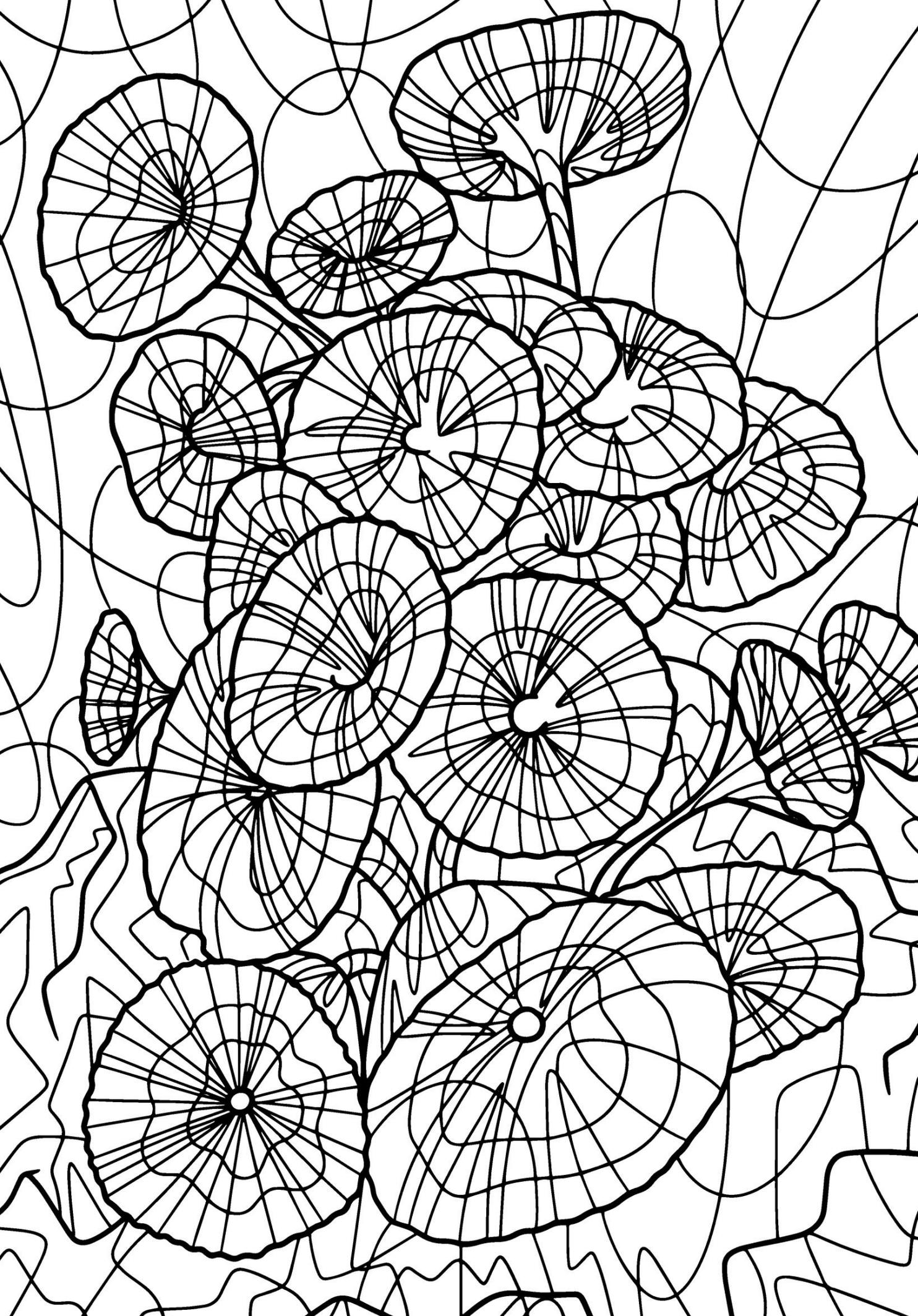
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Ocean is a
mighty harmonist.”

— William Wordsworth —



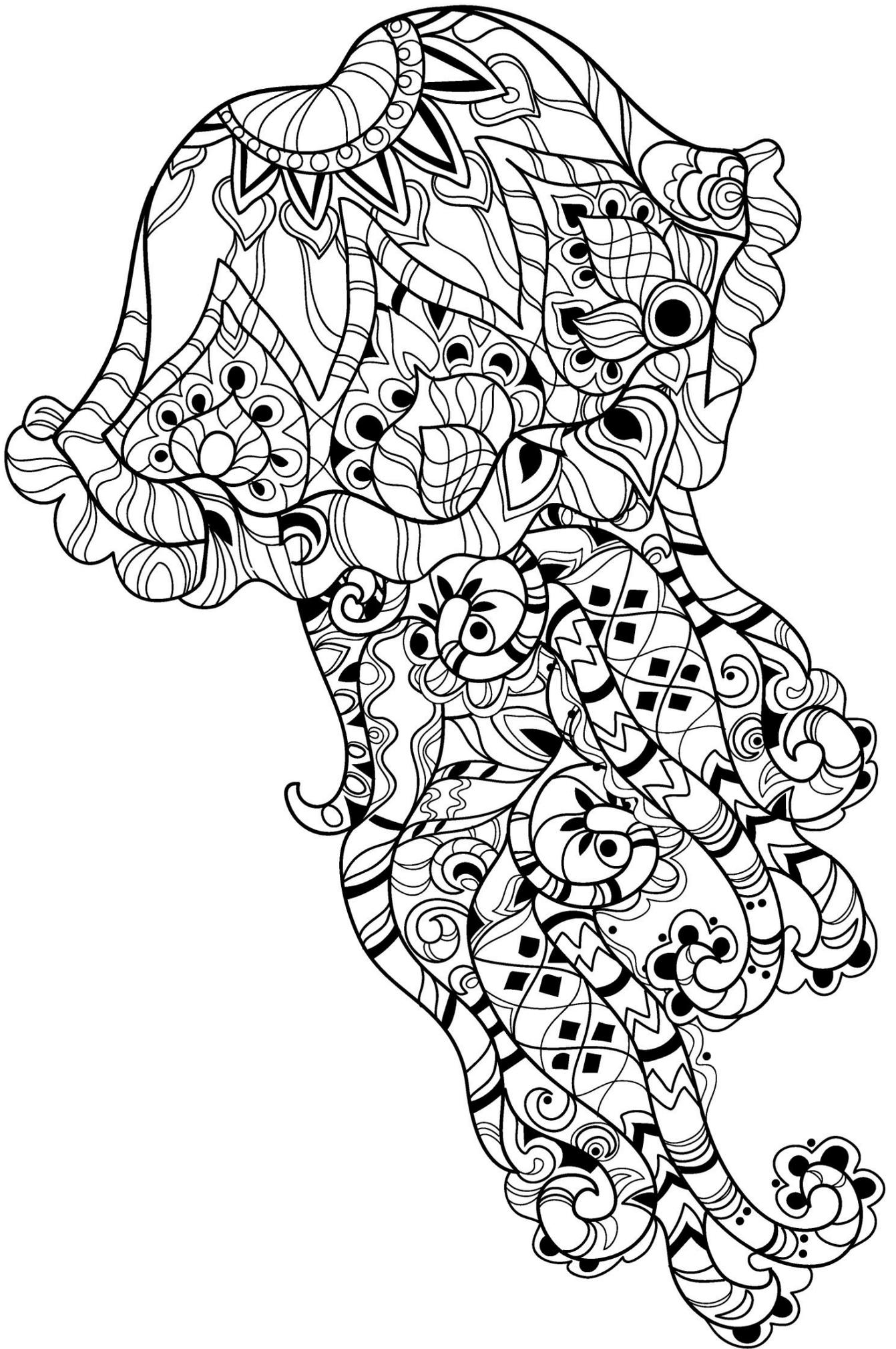
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Limitless and immortal,
the waters are the
beginning and end of
all things on Earth.”

— Heinrich Zimmer —



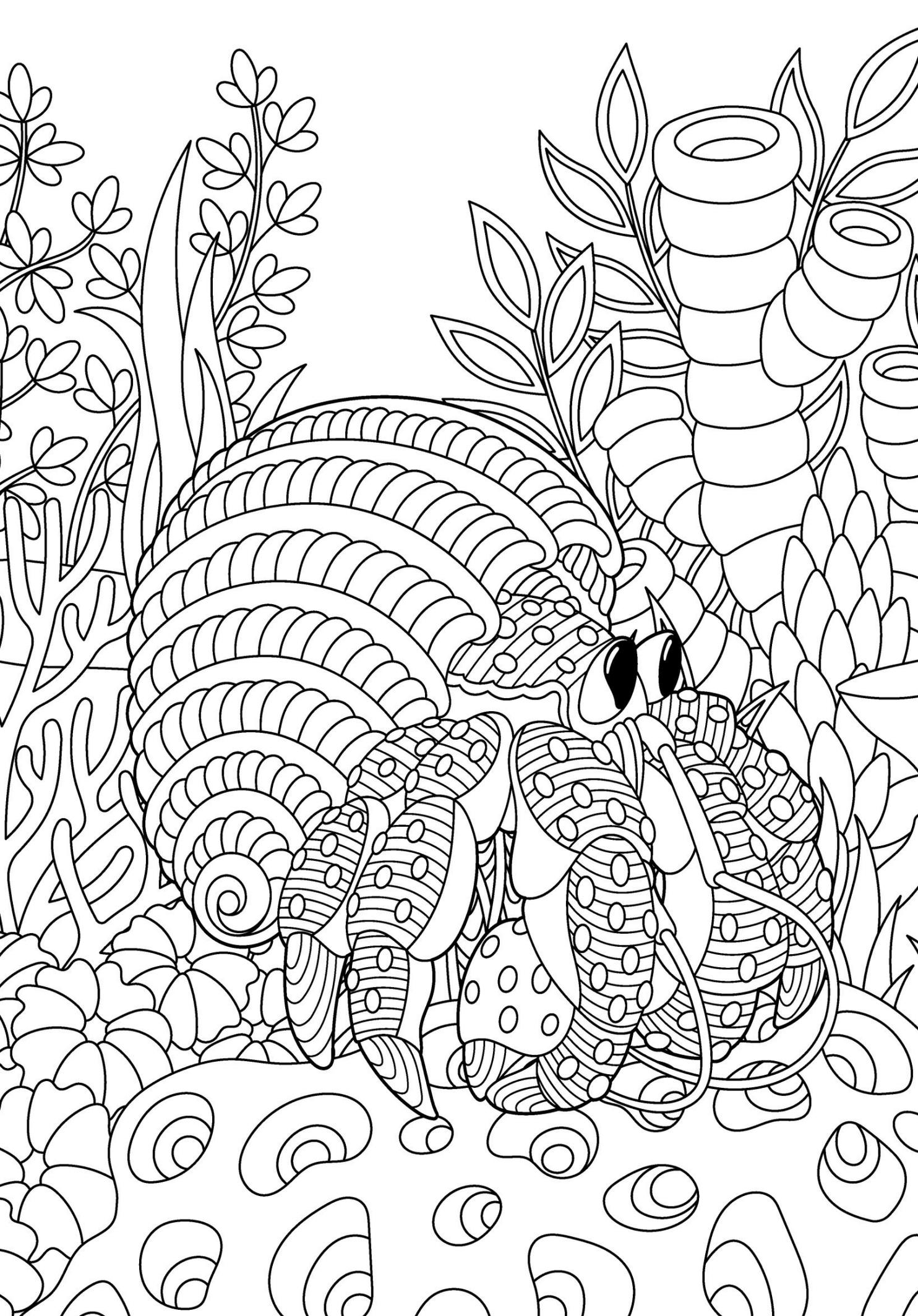
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“The Great Barrier Reef
is so extensive that no
human mind can take it
in, the exception perhaps
being astronauts who’ve
seen its full length from
outer space.”

— Iain McCalman —



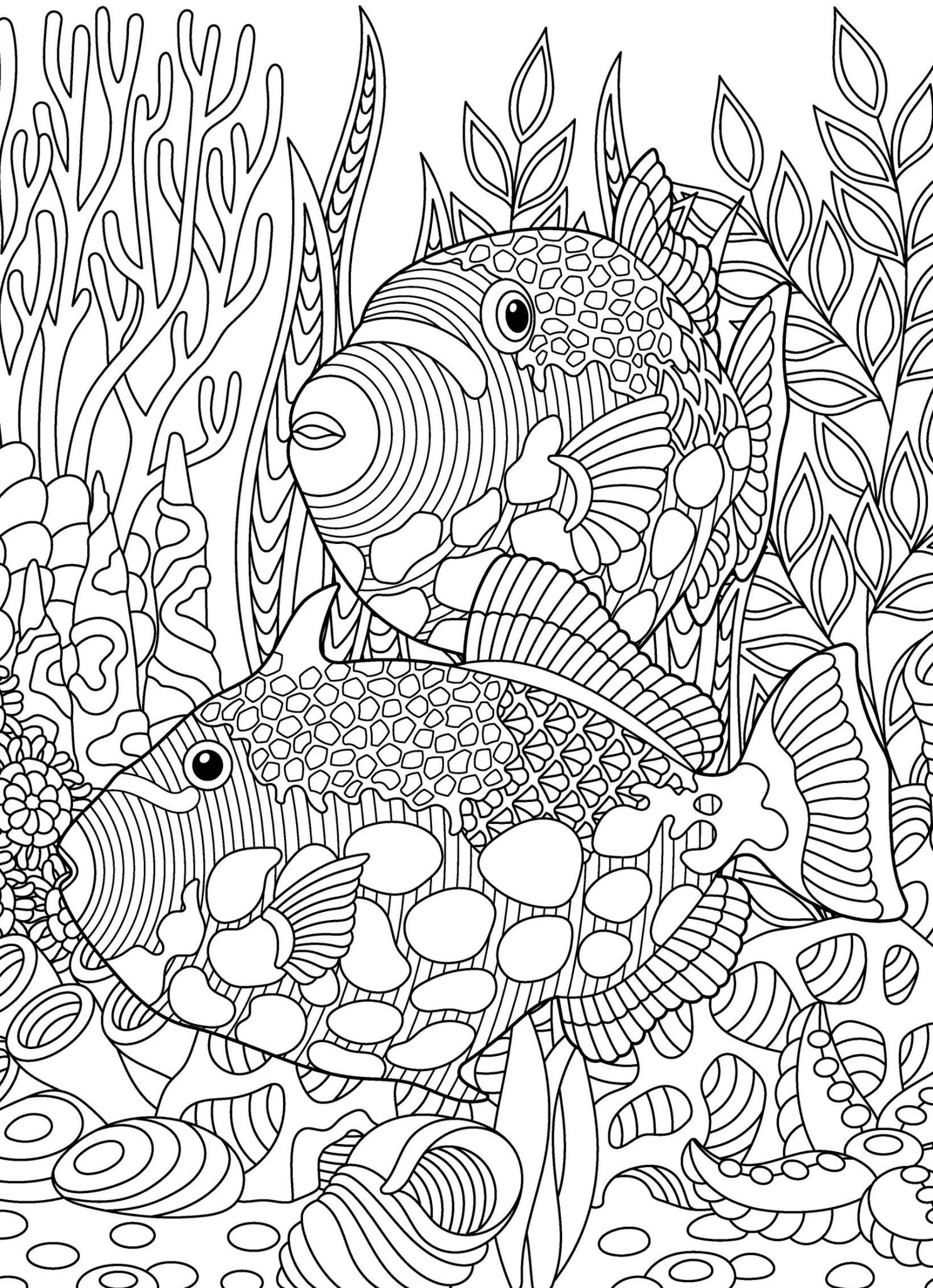
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Reefs are nature’s archives
and historians. They are
complex data banks
that record evidence of
environmental changes
from millions of years ago
up to the present.”

— Iain McCalman —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“We forget that the
water cycle and the
life cycle are one.”

— Jacques Cousteau —



Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“We know that when we
protect our oceans we’re
protecting our future.”

— Bill Clinton —



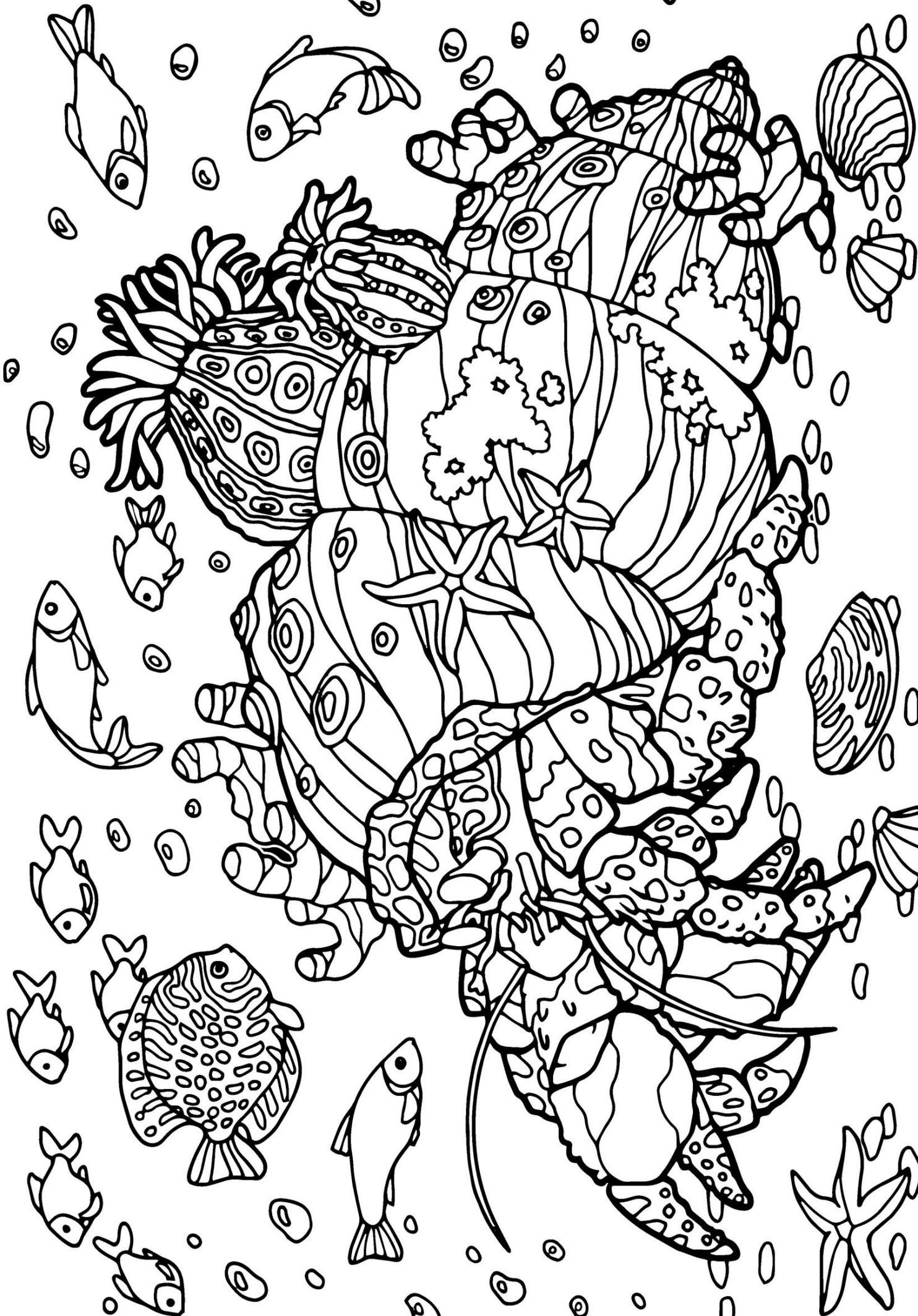
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Beauty lies in the depth
of a character. The ocean
might be pretty, but the
coral reef is magnificent.”

— Abhilasha Chowdhury —



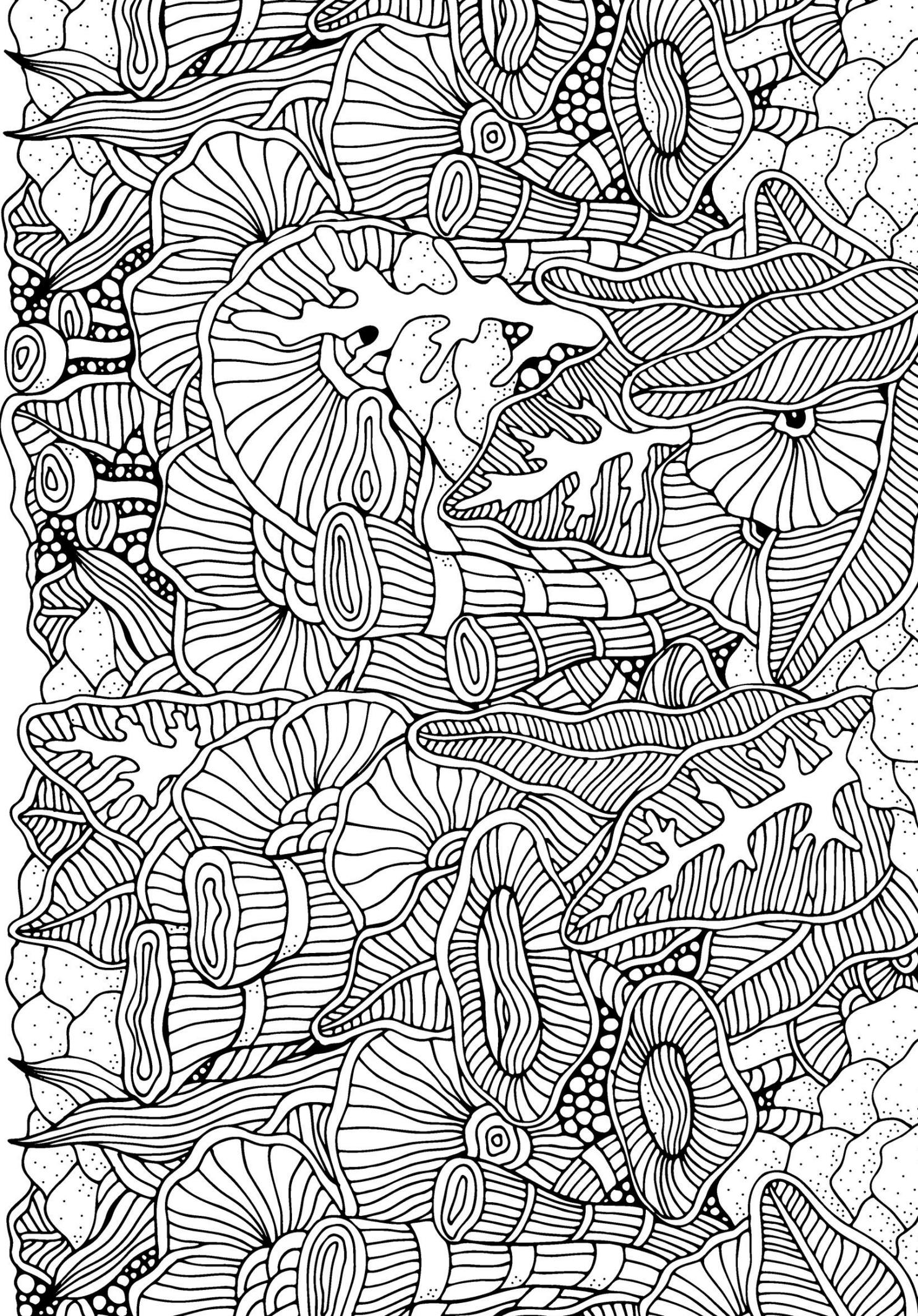
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Coral is bright without
being intrusive. We
associate it with the sea
and nature. It’s lively and
warm and flattering to
every skin tone.”

— Dixon Barlett



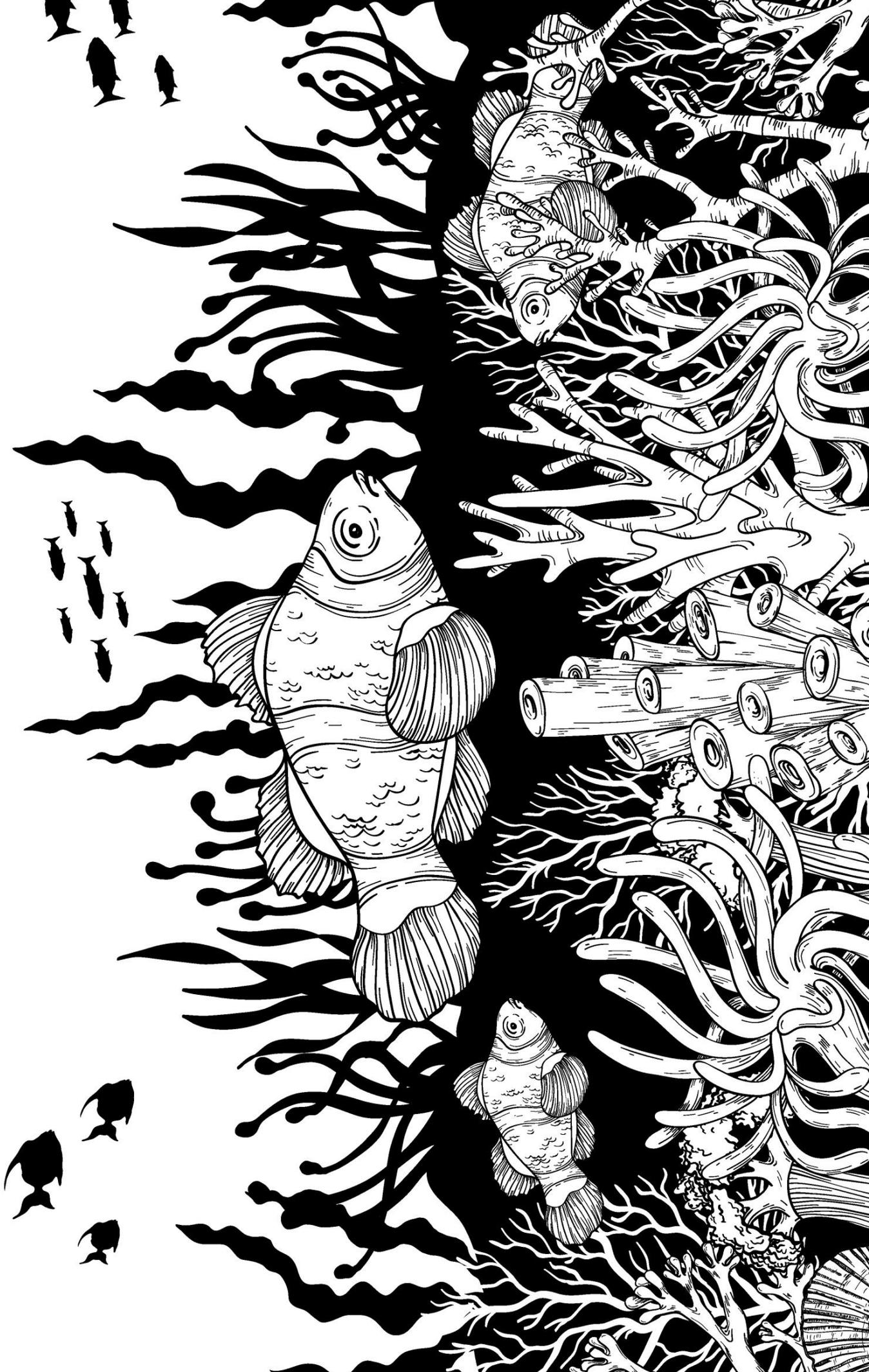
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



“Think about this: If water is the blood of our planet flowing through veinous rivers, streams, and into our oceans, what does that make coral? Our heart. We simply cannot survive without our heart; therefore, it’s mandatory we heal and protect our coral reefs now.”

— Ian Somerhalder —



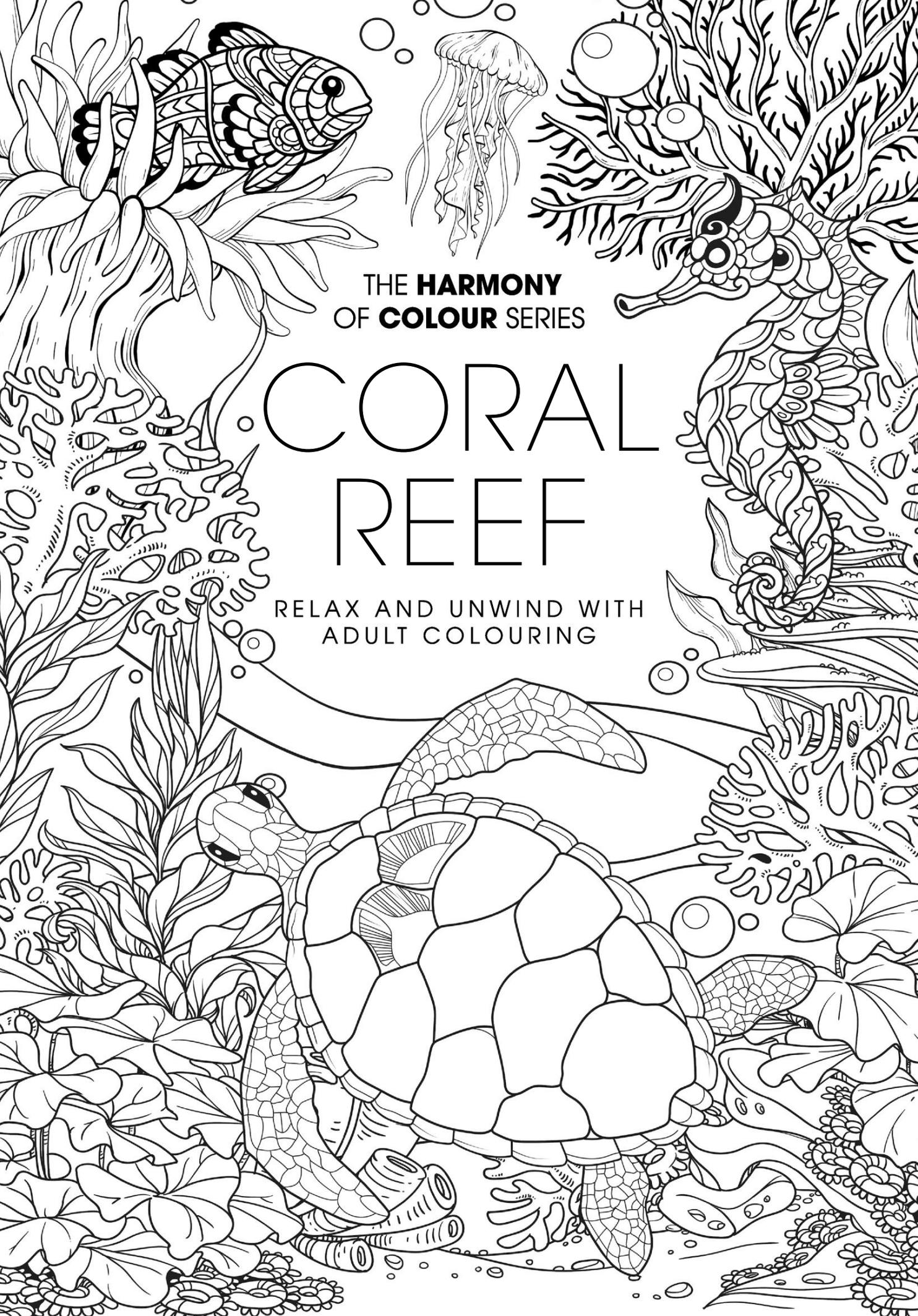
Share your creation with the
Harmony of Colour community!

Facebook:

www.facebook.com/harmonyofcolour

Instagram:

[@harmonyofcolour](https://www.instagram.com/harmonyofcolour)



THE **HARMONY**
OF **COLOUR** SERIES

CORAL REEF

RELAX AND UNWIND WITH
ADULT COLOURING

