



Dragon Fairy Designs

Introduction To Zentangle

Zentangle is an easy-to-learn, relaxing, and fun mindful meditation that creates beautiful images by drawing structured patterns. Meditation and art have been paired together for a long time. Examples are the designs in sacred architecture, Chinese/ Japanese calligraphy, and Indian Mandalas. This is nothing new. Zentangle has just been able to translate this relationship into a simple easy method for all. Initially a Zentangle practice increases focus and creativity along with an increased sense of personal wellbeing. Then it becomes a tool to help gain greater control of the moment and moments of choice. This helps you respond intentionally rather than reactively. Finally this mindfulness is powerful, and an effective method of helping you enhance your productivity, empathy, compassion, inner peace, calm, positive emotion, and personal resilience in the face of change.

Whether you are an artist or don't think you have an artistic bone in your body, you can use the Zentangle process. Even if you don't care about making art, you can use it to increase focus and creativity, connecting to your higher self or just for relaxation and fun. For many, the art itself is simply a side effect of the method. People all over this world, with a wide variety of skills and ages, enjoy and practice Zentangle. The creators of Zentangle believe that life is an art form and that the Zentangle Method is an elegant metaphor for deliberate artistry in life.

3 Hour Workshop:

Learn the basic terms and techniques to start practicing this mindful meditation. Create three Zentangle tiles, and see how powerful they are for you and as group by creating tile mosaics. Learn how to see the tangles in everyday life. All Supplies Are Included

Price: \$35 per Person

Class Size Limit: 30 people

Date: April 28, 2018 1:30pm – 4:30pm

Place: Grand Valley Artist Inc

Register By Sending an Email to: drgnffairy@att.net

Presented By: Dani Ehlenfeldt CZT



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