

Tangling in the Zenden

An Introduction to Zentangling Class

Saturday 30th July 1pm to 4pm

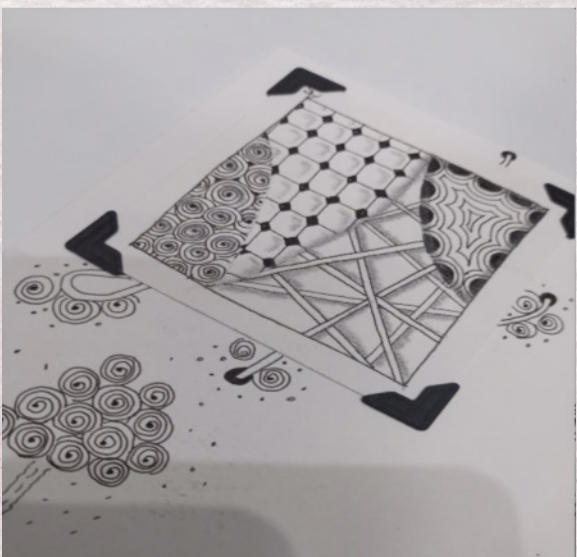
Leyburn Arts and Community Centre

All materials, Tea and Coffee provided

Zentangle is a relaxing easy method of drawing. A sense of mindfulness and stress release is created by the drawing of beautiful repetitive shapes- tangles using dots, curves and straight lines.

It was developed by Rick Roberts and Maria Thomas when they discovered the calming effects of slow and deliberate drawing of patterns.

People of all ages, skill sets and interests can experience the Benefits of the method. Its also a great way for those who have never drawn to be creative.



Please join me for an introduction to Zentangling on Saturday 30th July
It is 3 hours of time spent relaxing, meeting new people ,drinking tea and coffee and just being in the moment.

All materials are provided you just need to bring yourself.
£25 for the class including materials and tea.

Please book by
emailing: TanglingZenden66@outlook.com or
Calling Annette on 07771331988