

## 'Zentangles'

Creating a Zentangle is a mindful drawing practice to help focus the mind and to relax the body.

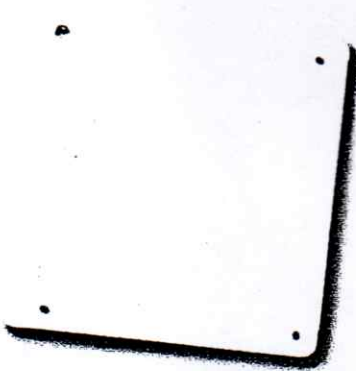
### Remember:

- They are fun to do - you do not need artistic experience to do them.
- There are no rules
- There is no such thing as a mistake in them.
- It's not about the end result (although they are likely to be very pleasing). Take pleasure in the process of doing them.
- The more you zentangle the benefits will occur more quickly
- Go slowly - take your time

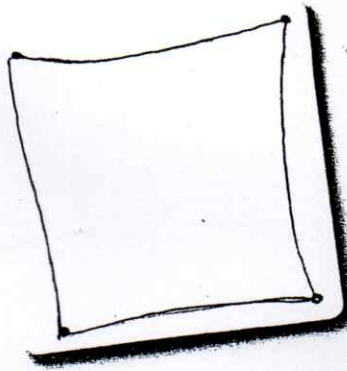
### Basic method:

1. Make a dot in each corner of the tile.
2. Join the dots to form a border.
3. Draw a 'string' to create spaces within the tile.
4. For each space on the tile, use a new pattern.

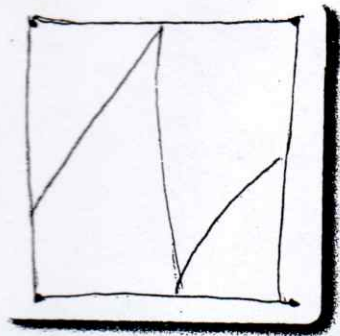
1.



2.



3.



4.

