

ZENTANGLES



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- ZENTANGLING IS ART FOR THE SOUL-ART YOGA
- The **Zentangle** . It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well being.
- an easy-to-learn method that is , relaxing, and a fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images and increase creativity and drawing skills



POSSIBILITIES ARE ENDLESS

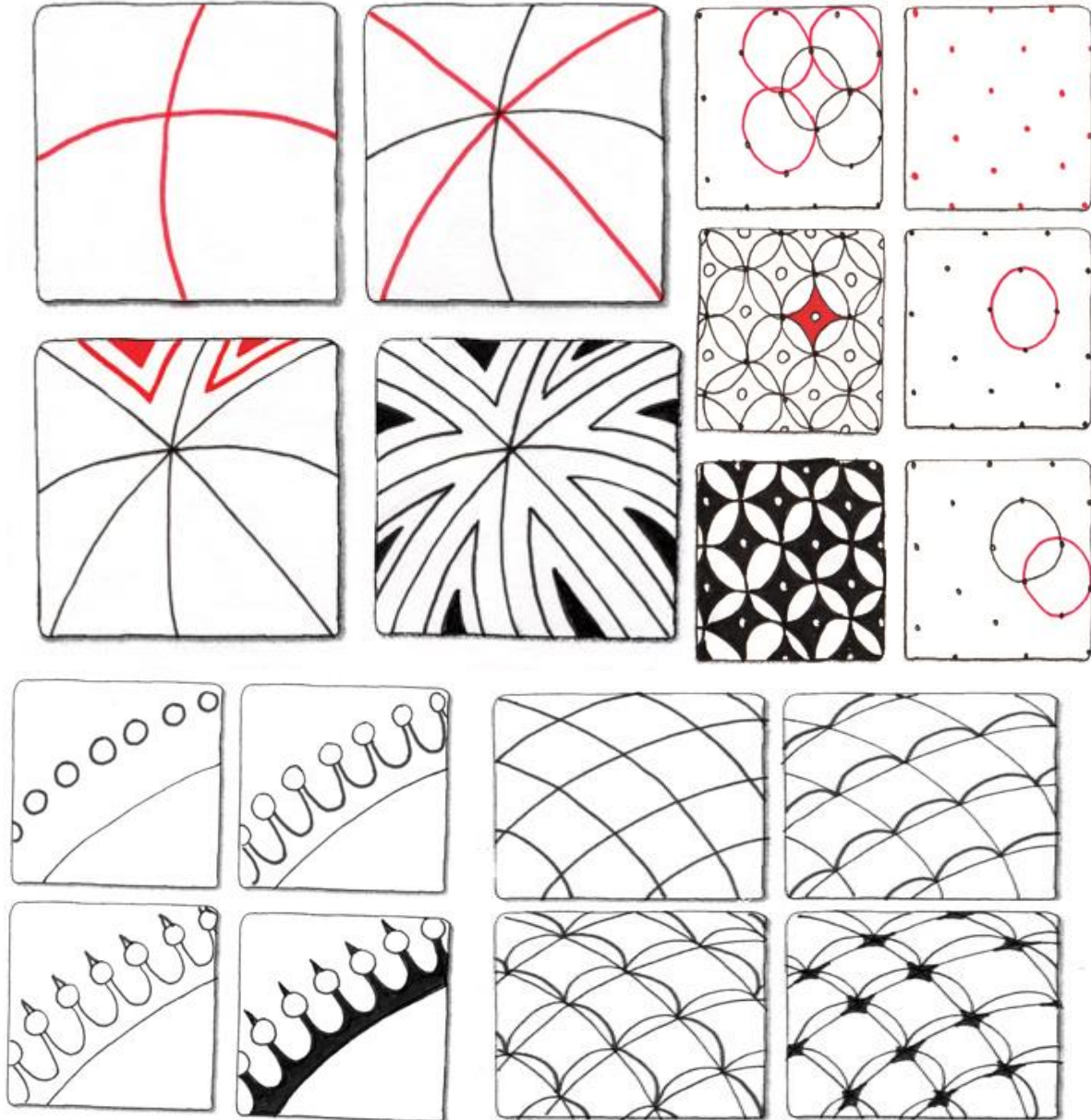
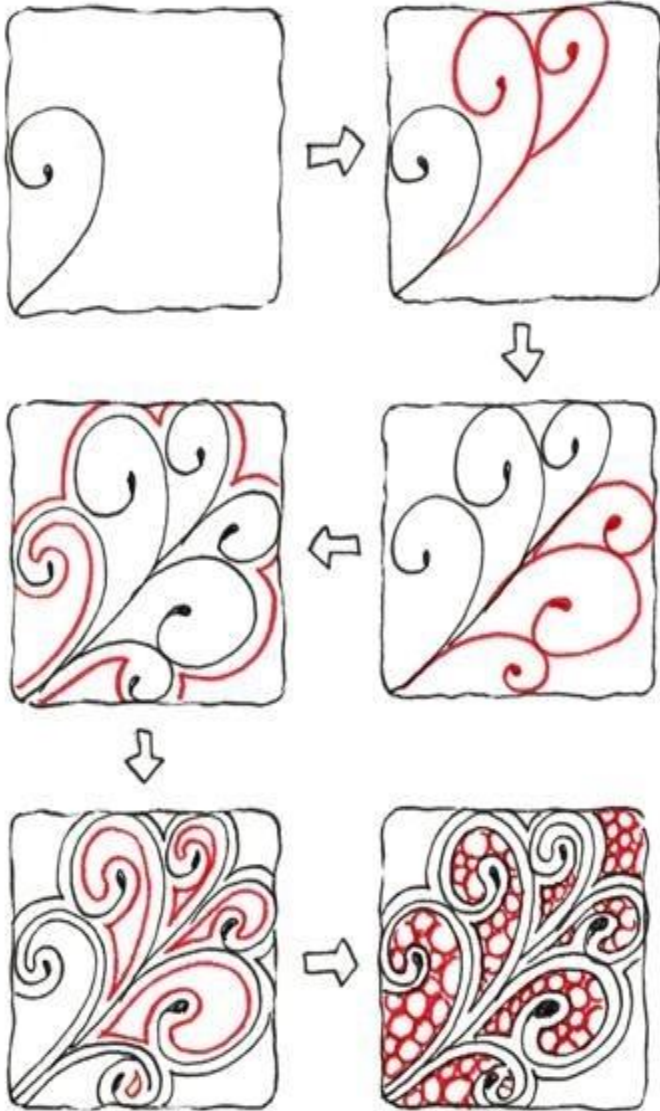


ADD VALUE OR COLOR

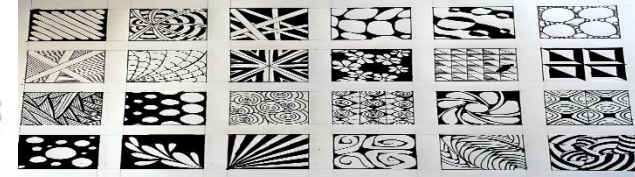
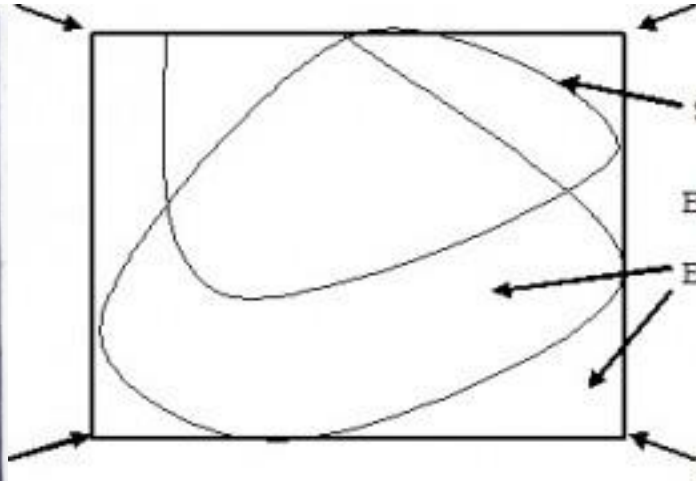


How to Create Patterns

OPUS / WITH AN AURA



The steps to ZENTANGLES

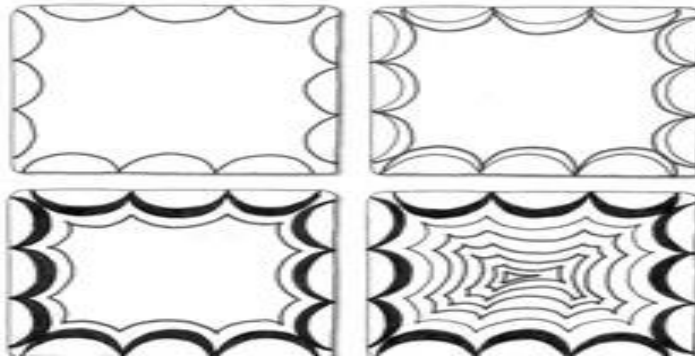
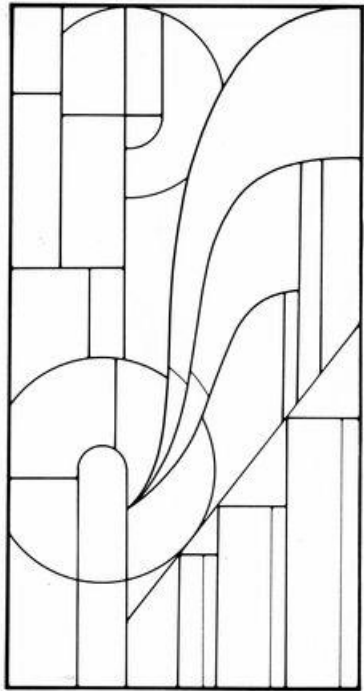


Entire design is called a Zentangle.

Each section of the Zentangle is called a Tangle.

Starting dots

A Zentangle® SPIRAL GUIDE



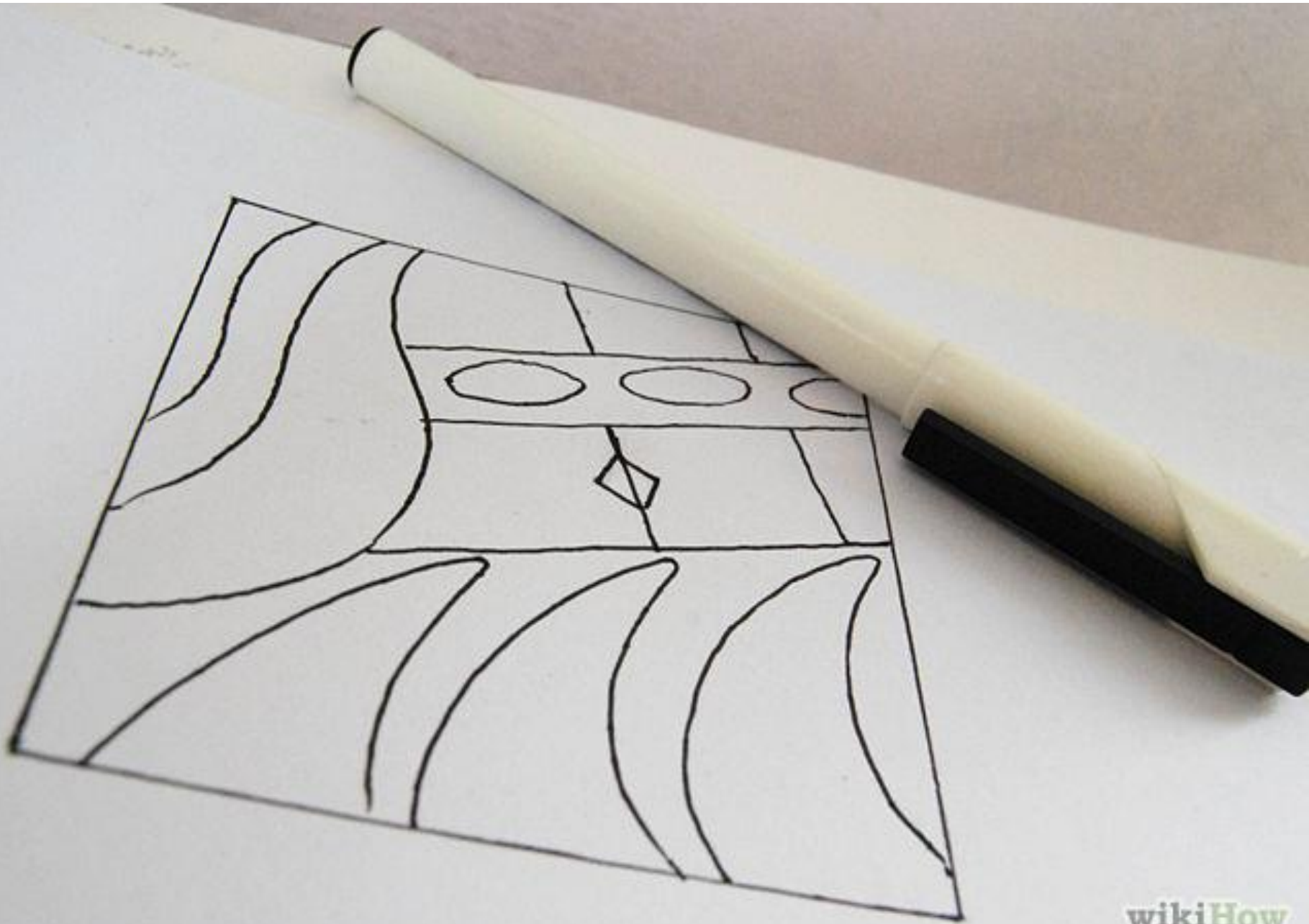
With your pencil draw a spiral string

draw curved lines with pen

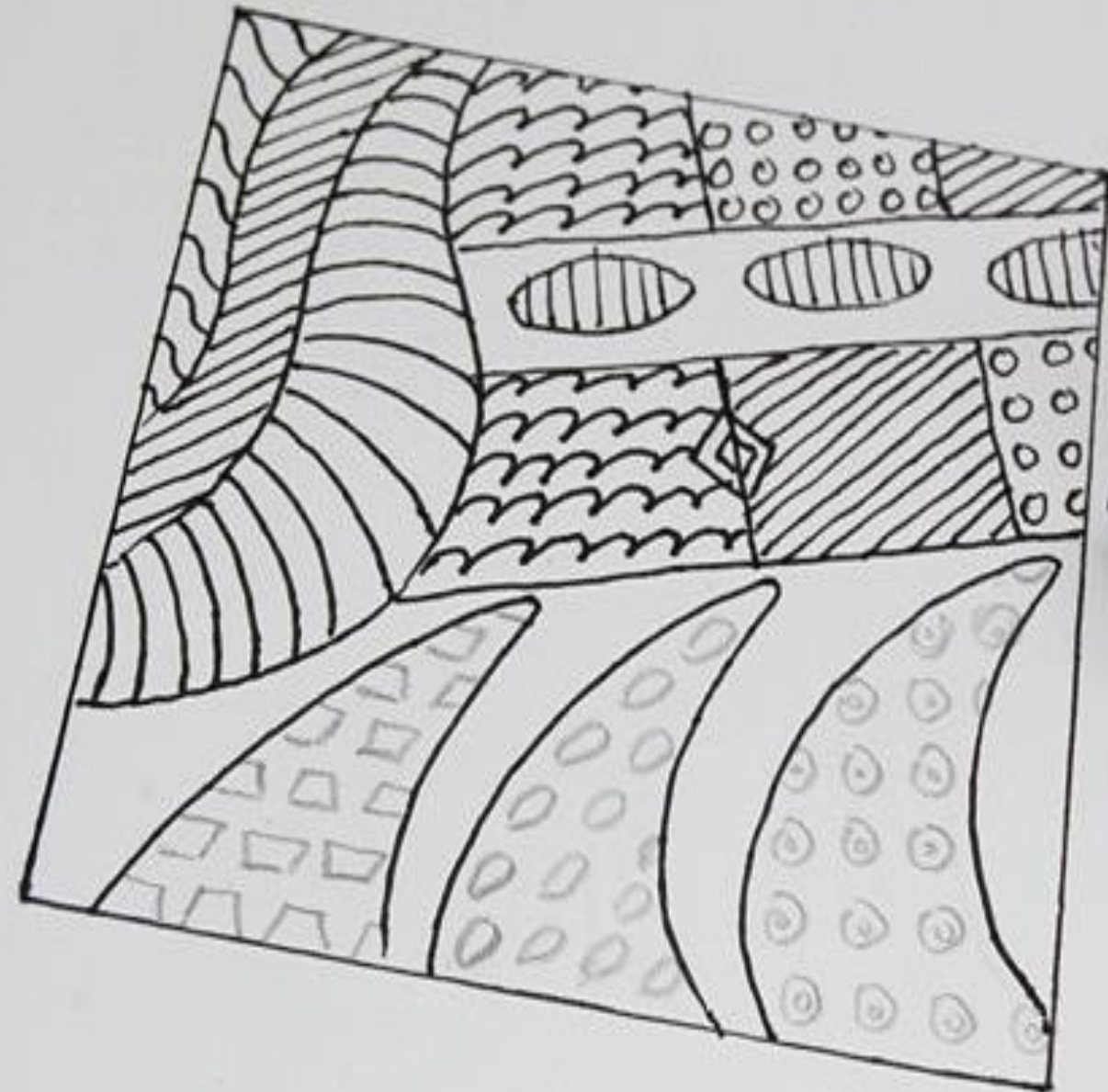
remember to keep turning your tile

tangle inside the triangle sections

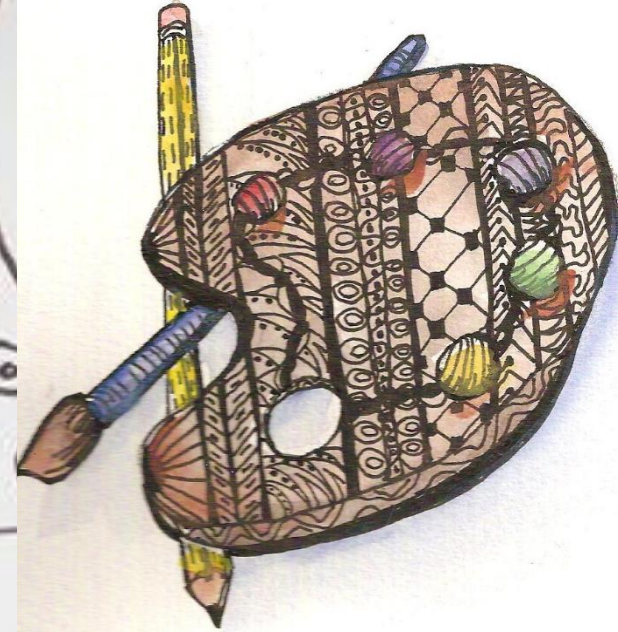
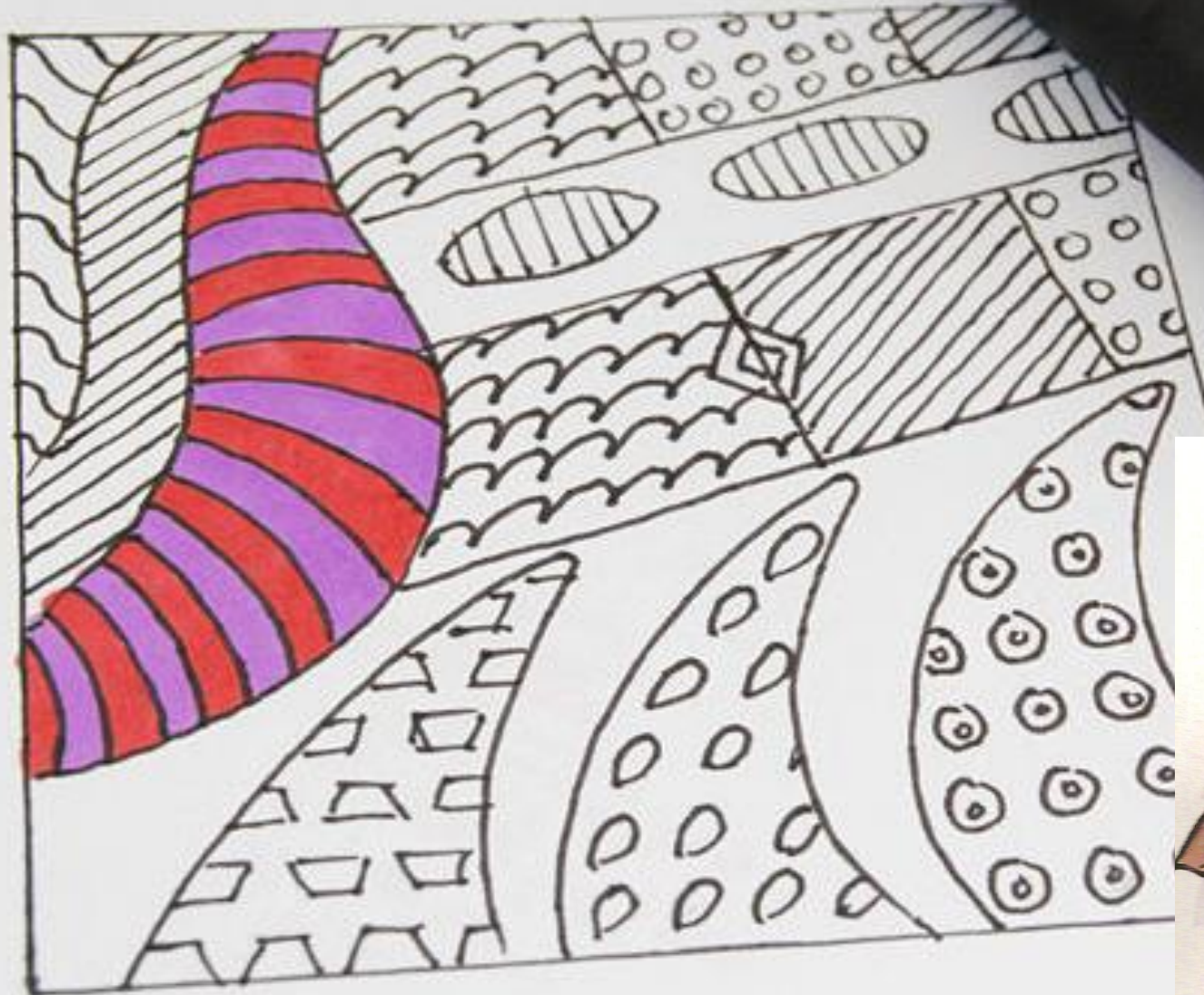
Divide the space in the tile



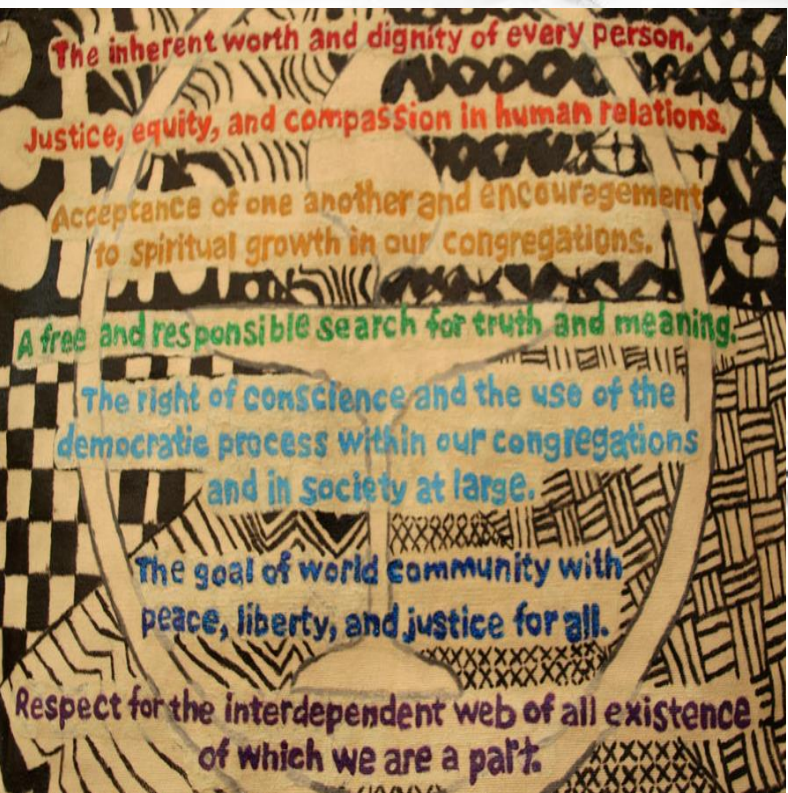
Start to fill in with patterns



Fill in with Value and Color



ZENTANGLES WITH WORDS



REQUIRMENTS/EXAMPLES

- MUST USE ALL THE SPACE
- PATTERNS NEED TO BE UNIQUE AND SOPHISTICATED
- MUST INCLUDE VALUE AND/OR COLOR
- MUST BE WELL BALANCED AND UNIFIED

