



# “SIX DAYS OF ZENTANGLE”

## INTRODUCTION TO MINDFUL CREATIVITY

Zentangle is a drawing method using a pen and pencil and has its roots in calligraphy, drawing, meditation, and patterns. The simple tools and structure required for Zentangle art encourages deliberation and focused attention to the line being drawn. The repetition and combination of these simple strokes lead to a high state of focus and mindfulness in a very short time. The technique allows the artist to build complex images from the repetition of simple patterns. Applied carefully, Zentangle yields an impressively elaborate finished product composed of a few hundred fine pen strokes. It is a perfect way to quiet a busy mind, manage difficult emotions and find focus, relaxation, and positivity. Zentangle can be enjoyed all over the world, across a wide range of abilities, interests, and ages.

The Zentangle Introduction Course consists of 6 lessons, each of which are 90 Minutes. The course covers all that is needed to start with Zentangle practice:

- Origin and history of Zentangle
- Basic Zentangle terminology
- Underlying principles and “No mistakes” philosophy
- Introduction to the tools, materials, and quality standards
- Main drawing techniques
- Drawing your first Zentangle tiles using eight basic patterns
- Slow drawing and breathing coordination
- Brief introduction to further Zentangle techniques using Zendala tiles or color
- Reflection on the benefits of Zentangle practice
- Additional resources and information: Tangle step-outs, exercises, and links

## Student Qualifications:

The lesson plan is designed for all age groups and there is no previous experience in arts required. Anyone who is interested in expressing and healing themselves through art form can profit from the course.

## Supplies:

The Zentangle Method values high quality utensils and materials. Each student will be supplied with the Zentangle Introduction Set to be kept for further practice. The Zentangle Introduction Set includes:

- 1 Black Pigma Micron 01 ink pen
- 1 Black Pigma Micron Graphite 1 ink pen
- 1 Black Pigma Micron PN ink pen
- 1 Original Zentangle Graphite pencil
- 1 Pitt Pastel Black pencil
- 1 Pitt Pastel white pencil
- 1 Tortillion (blending tool)
- 10 Original 3 1/2" square Zentangle tiles
- 2 Zendala tiles
- 1 Ecoline liquid water colour
- Exclusive drawstring bag

**Price:** 960 CHF (private course for 1 person), **Material:** 60 CHF

**Dates and location:** Dates by appointment. Course location: Beata Sievis' Drawing Room Library in Winterthur

## Certified Zentangle Teacher (CZT)

Beata Sievi is a psychologist trained in two different methods of emotional regulation; Training of Emotional Competencies (TEK), and Mindfulness Based Stress Regulation. She is also an artist and Certified Zentangle Teacher (CZT) and specializes in teaching mindful and creative techniques. The aesthetic experience is her medium of communication with her clients. Her area of expertise is the use of both structure and improvisation in crafts and arts to improve emotional regulation. With her extensive knowledge of creative techniques and her empathetic guidance she helps clients to reconnect with their positive recourses.

