

## VIRTUAL ZEN TANGLE

It's Yoga For The Mind

### How It Works:

**LINES WORKSHOPS** can be run virtually or in-person. Working intentionally with no eraser to exercise self-confidence and resilience, a specific set of patterns, called “tangles,” are constructed step-by-step by drawing basic lines, dots, curves, and circles. Through the repetitive use of simple shapes and lines, the tangler fills a small space with repeated pattern; the rhythmic process creating access to a “flow” state of mind.

### Who Can Benefit:

As playfully simple as the Zentangle® method may appear, the applications for work and life are limitless. Through the combination of the creative arts, mindfulness and our most primitive impulses to create, participants can master self-regulation, anxiety reduction, personal discovery, community engagement and so much more.

### Overview

Treat your team to a no-risk, no-mistakes sandbox of fun that is relaxing, creative, and transformative. Our experienced facilitators will guide your group through the surprisingly simple steps of the Zentangle® method. Here, every pattern, pen, and pencil stroke plays a prescriptive and valuable role. Concepts such as trust, boundaries, decision-making, follow-through, patience, and intention are explored through the tangible drawing experience. The journey ends with the satisfaction of completing a single beautifully drawn tile and, for just a moment, gathering all the tiles together for a striking glimpse of the mosaic that celebrates your group's diverse talents.

