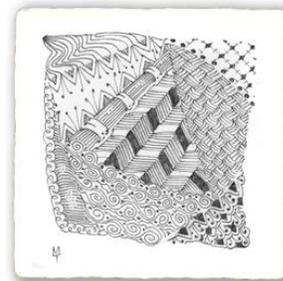


Anything is possible...one stroke at a time.

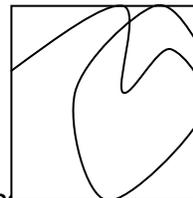


Zentangle® is an art form developed by Rick Roberts and Maria Thomas (who graciously allowed me to use their images for this handout). In Zentangle, repetitive patterns fill defined spaces to form beautiful and complex designs that are deceptively simple to create. Just as important as the actual drawing is the feeling associated with it. Zentangling is relaxing, not stressful. There is no wrong – no “bad” Zentangling.

The best way to learn (if you are not near Rick & Maria to take a class) is to either find a Certified Zentangle Teacher in your area or purchase the kit from zentangle.com that has an instructional video. The directions below are simply a teaser and not a substitute!

Supplies: (note: a kit is available from Zentangle.com with all the supplies you need. If you can't wait to start, you can use the items described below.)

1. Paper: typically, Zentangles are created on 3 ½ x 3 ½ “tiles” of high-quality cotton artists’ paper. You may use other paper, but use the best you can find. I have Zentangled on an airplane napkin, but it’s just not the same!
2. Pens – Sakura Pigma Micron 001 (.25 mm) in black are the Zentangle pen of choice. You can find them at any hobby or craft store, online, or in the Zentangle kit. Again, I have used other pens with mixed success. The Sakura’s are always great.
3. Pencil – any pencil will do.



Basic How-to:

1. Using the pencil, draw four dots in each corner of the tile.
2. Connect the dots.
3. Still using the pencil, create the “string” by drawing with the pencil. The string will create the different defined spaces that will be filled with “tangles.” There is no right or wrong, correct or incorrect. Use flowing motions and freeform shapes.
4. Fill the spaces created by the string with different patterns, or tangles.
5. Turn the tile as you work in any way that is comfortable for you.
6. Erase the string when you are done, and use your pencil to shade the zentangle.



Note: The tangles may look complicated, but do not be intimidated. They break down in simple strokes that anyone can do. There are no mistakes, although you may make a mark that changes the pattern in an unexpected way.

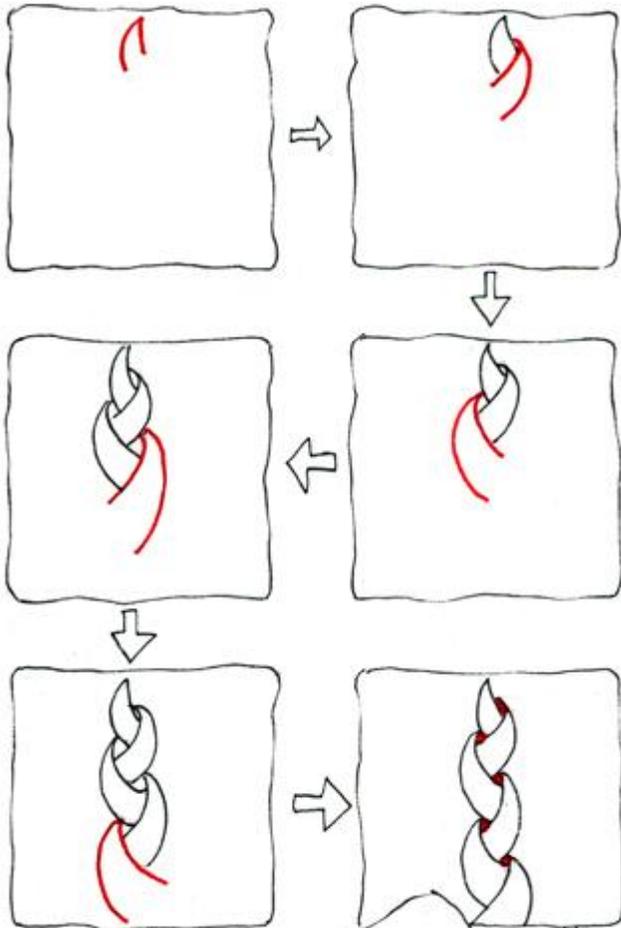
Additional Resources:

<http://zentangle.blogspot.com/>

<http://tanglepatterns.com/tag/zentangle>

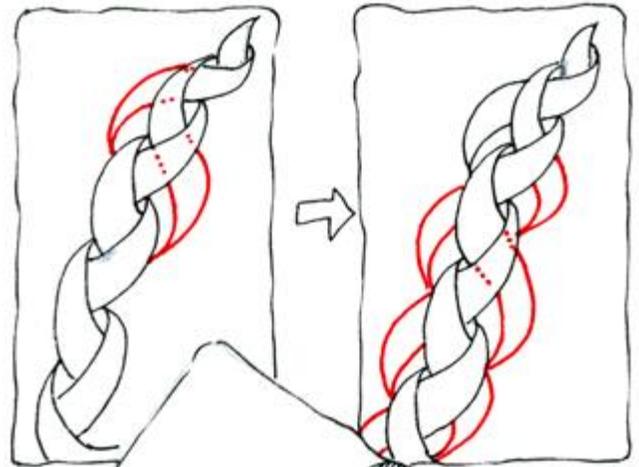
<http://www.squidoo.com/zentangle-workshop>

CHANGING



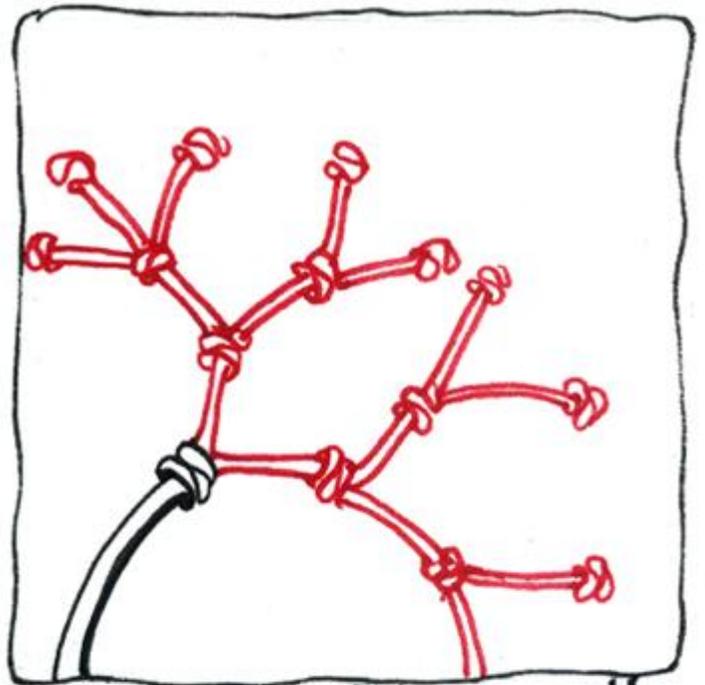
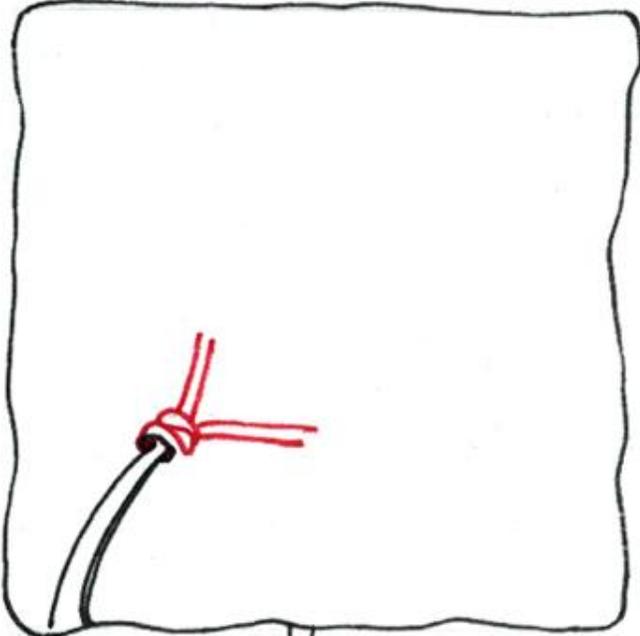
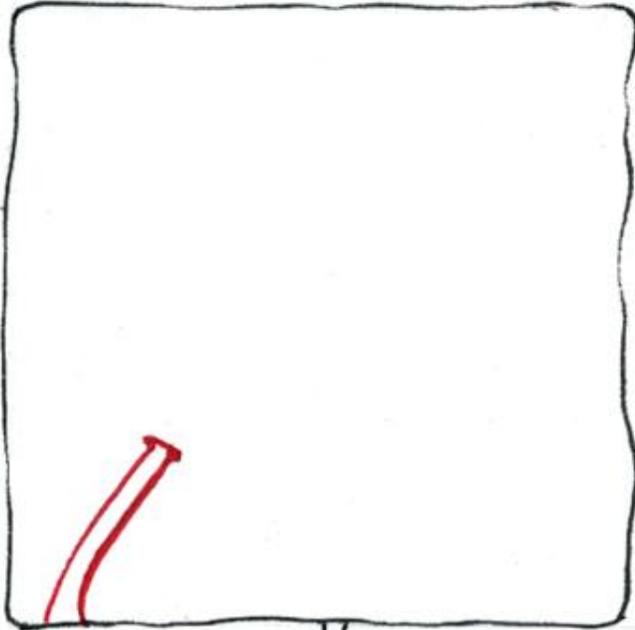
*-then add
some Zing!*

Here are some tangles with instructions, courtesy of zentangle.com. All completed tangles are the work of Maria Thomas and are printed here with her kind permission. On the Zentangle site, they have some coloration, which makes them easier to see clearly. Just one more reason to visit!

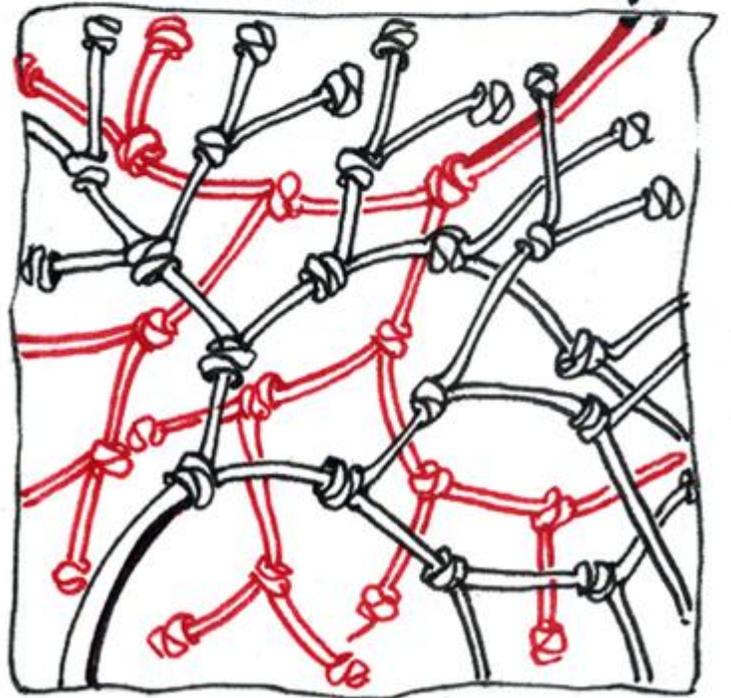
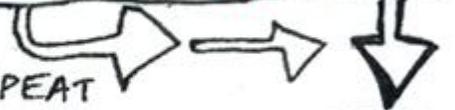


PENDRILLS

*inspired by the beauty
of grape vines!*

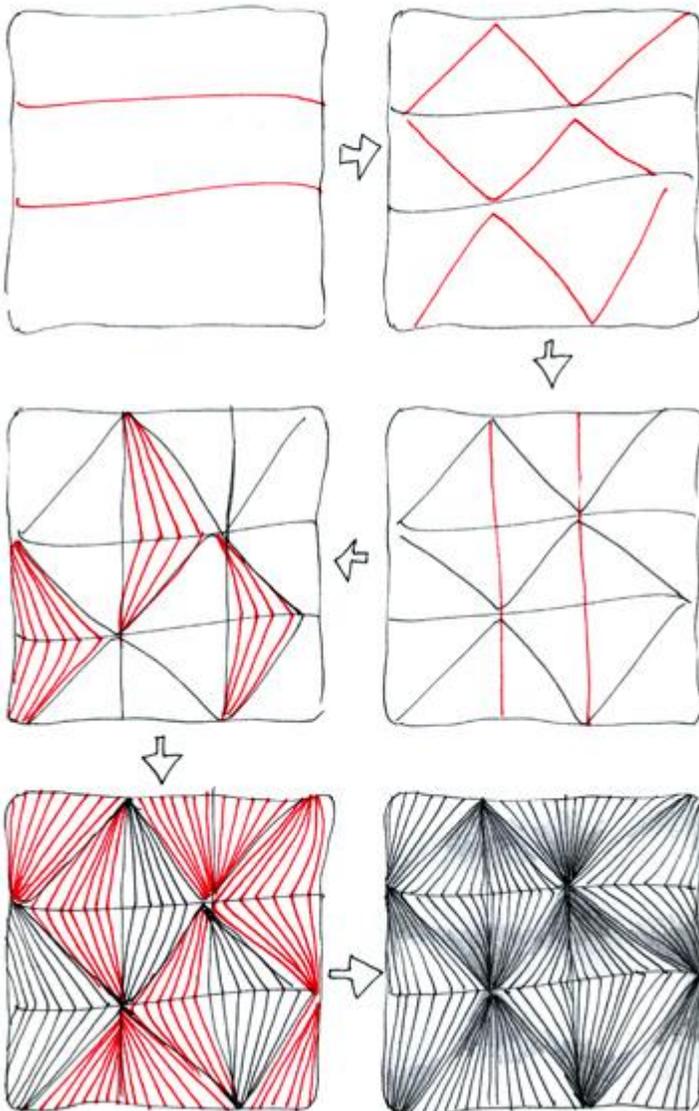


TURN
180° REPEAT

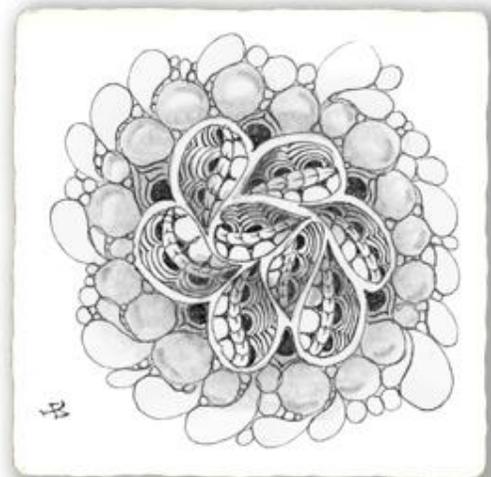




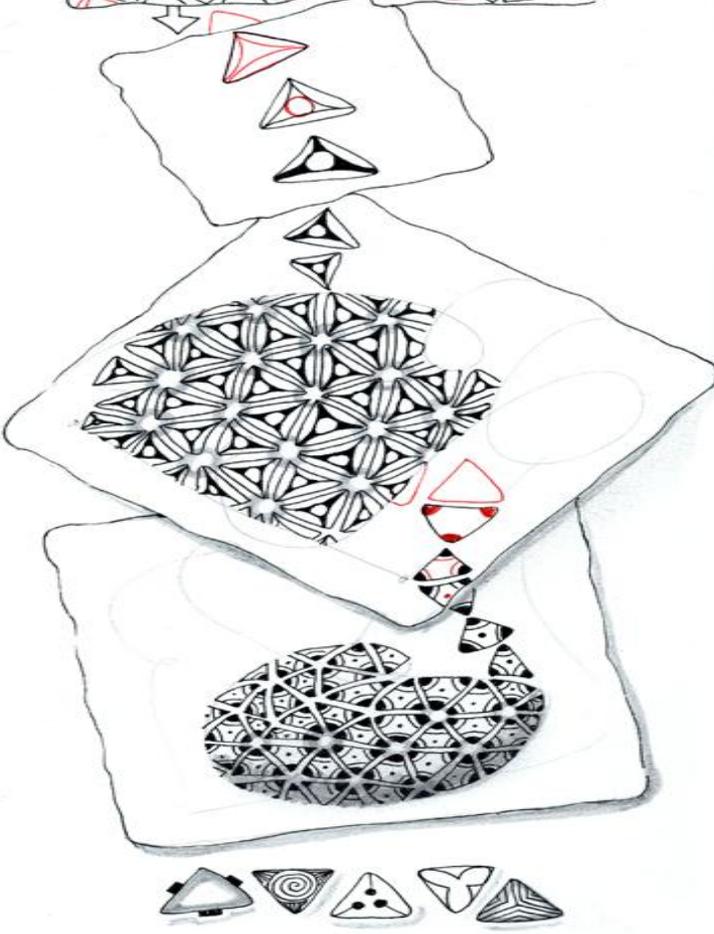
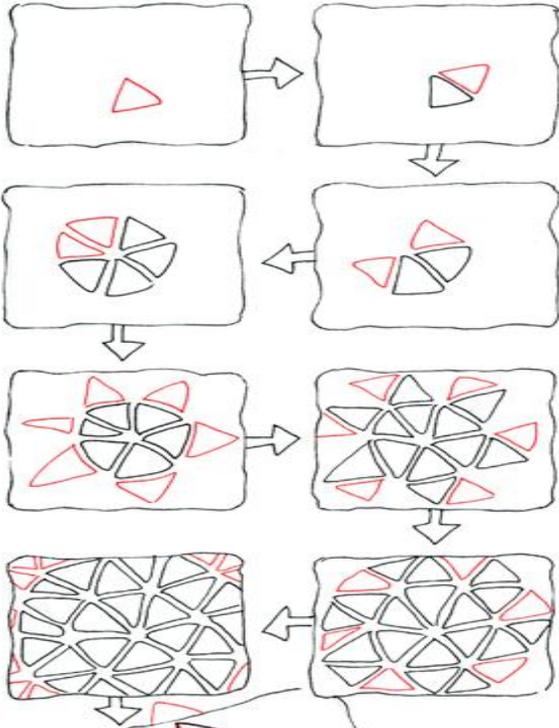
FACETS by NANCY PINKE, CZT



The Zentangle newsletter contains instructions for these (that's where they came from!) and many more tangle patterns. You can subscribe and find archived issues at the website: www.zentangle.com.



TRIPOLI :  The new GRID IN TOWN



There are some terrific YouTube videos of Maria demonstrating patterns.

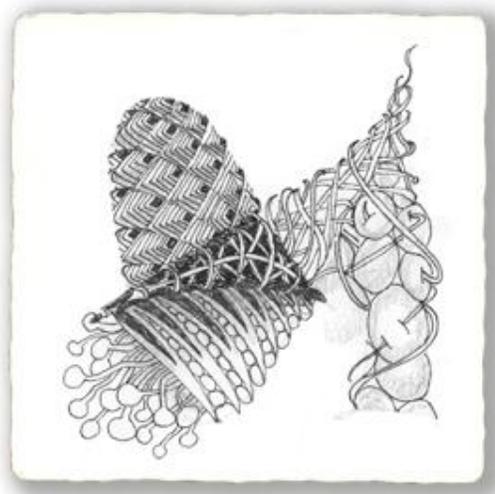
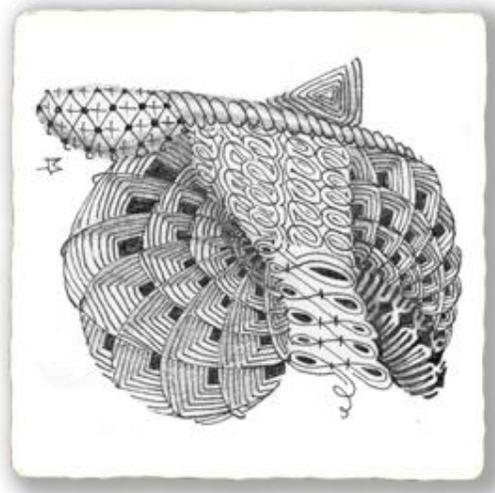
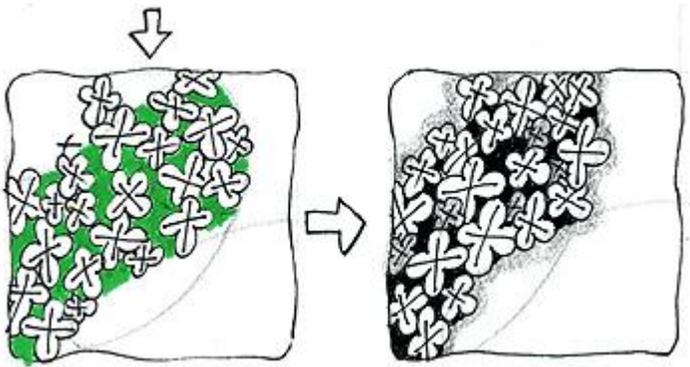
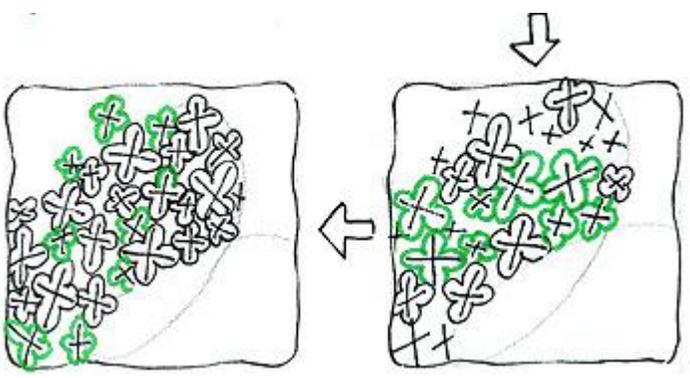
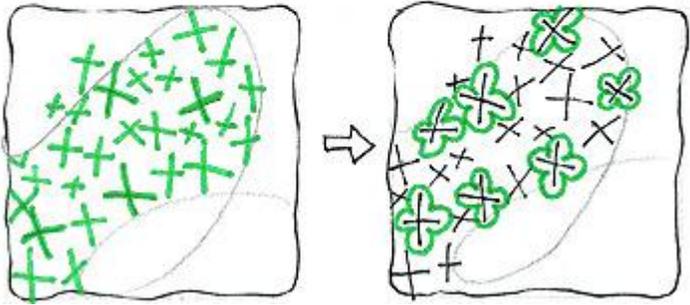
Here are a couple of links to them:

<http://www.youtube.com/watch?v=6h0XuK95omE>

<http://www.youtube.com/watch?v=0-d2UdXAD7k&feature=related>

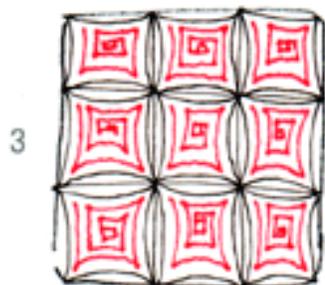
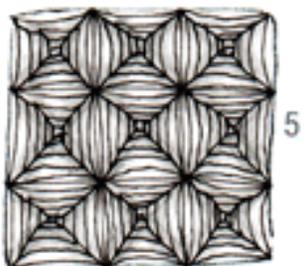
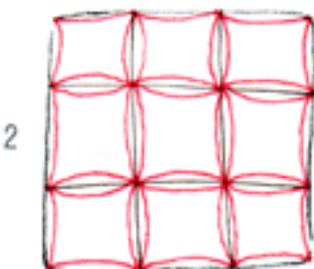
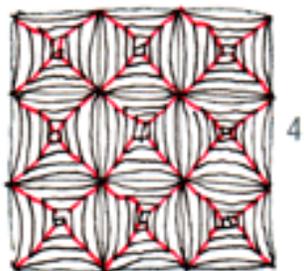
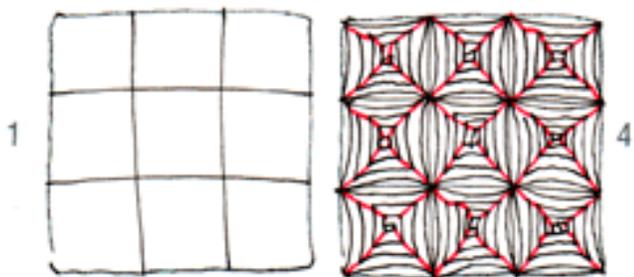
SH•ROCK

by DIANE LACHANCE, C.Z.T.

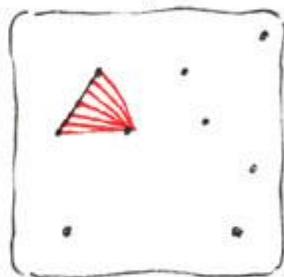
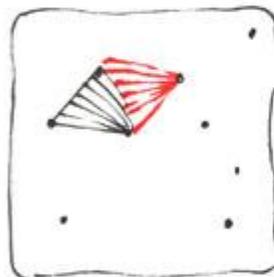
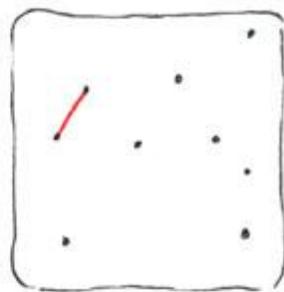
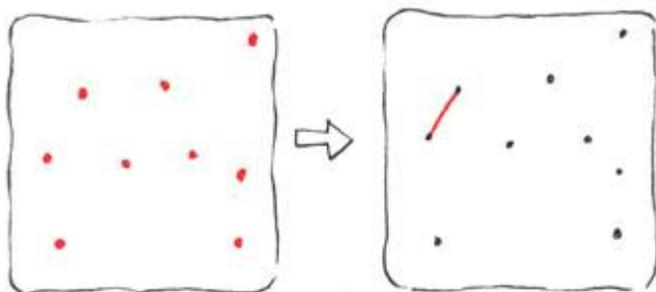


PUF

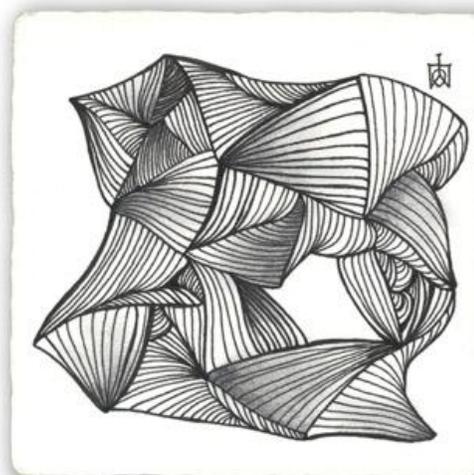
MUNCHIN



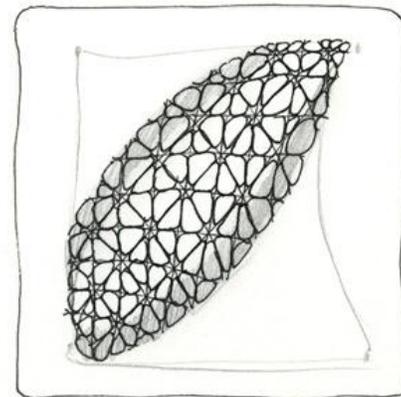
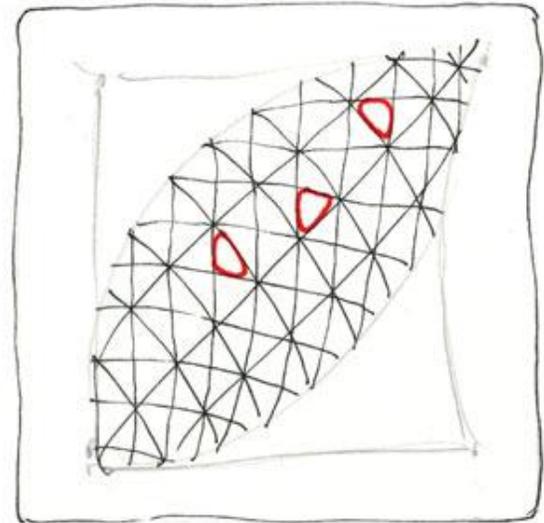
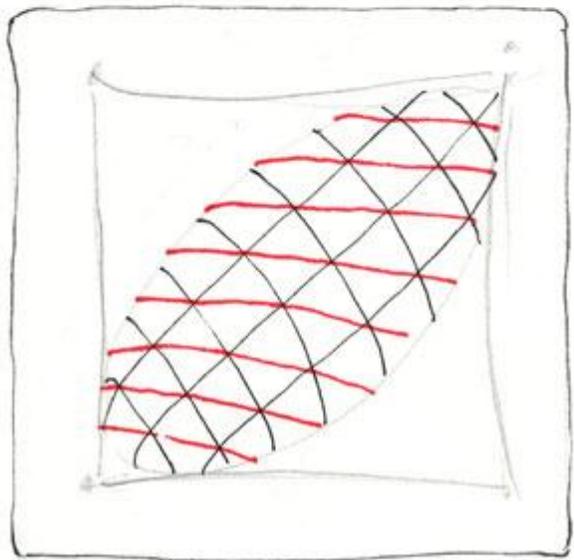
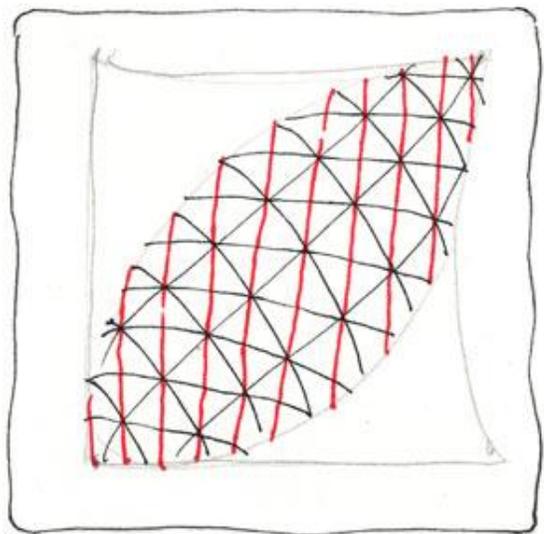
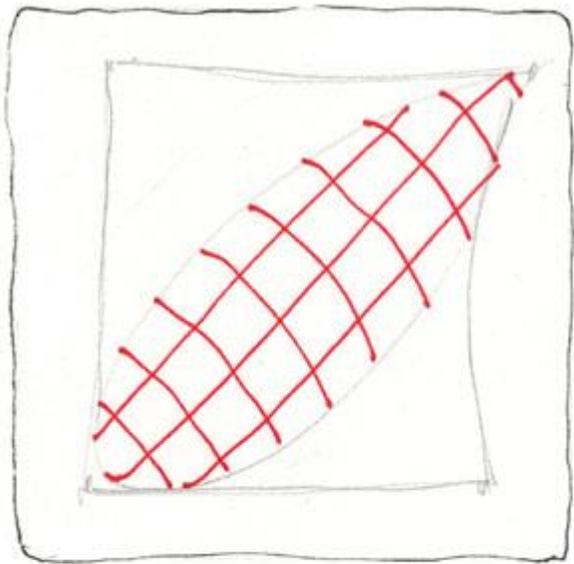
CAROLE CHL



...don't forget to turn your tile for comfort! m.

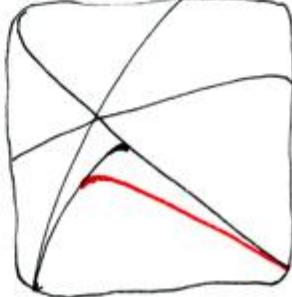
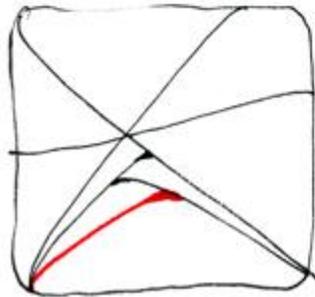
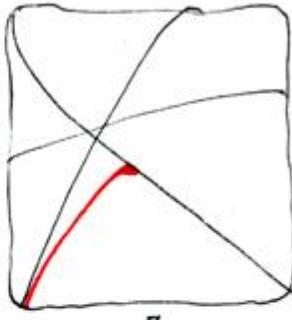
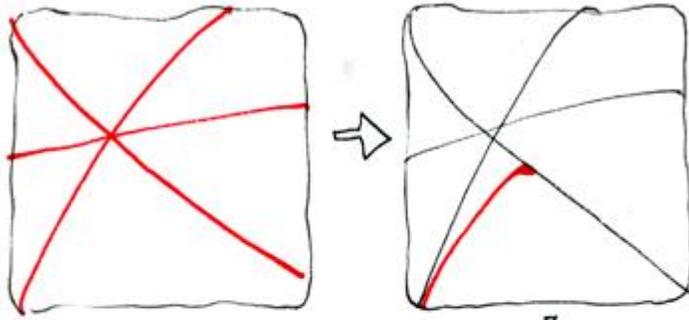


'N ZEPPEL



You can almost see it
SLOWLY INFLATE
and gracefully float away!

BETWEED

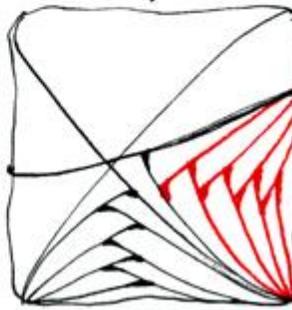
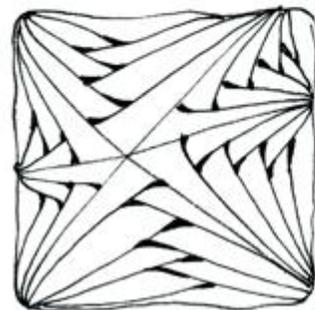
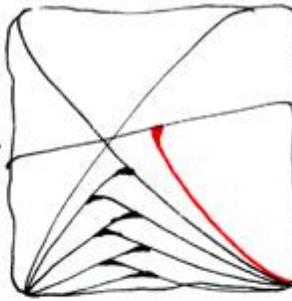
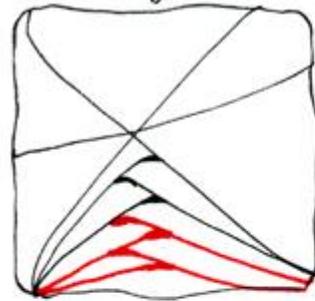


As

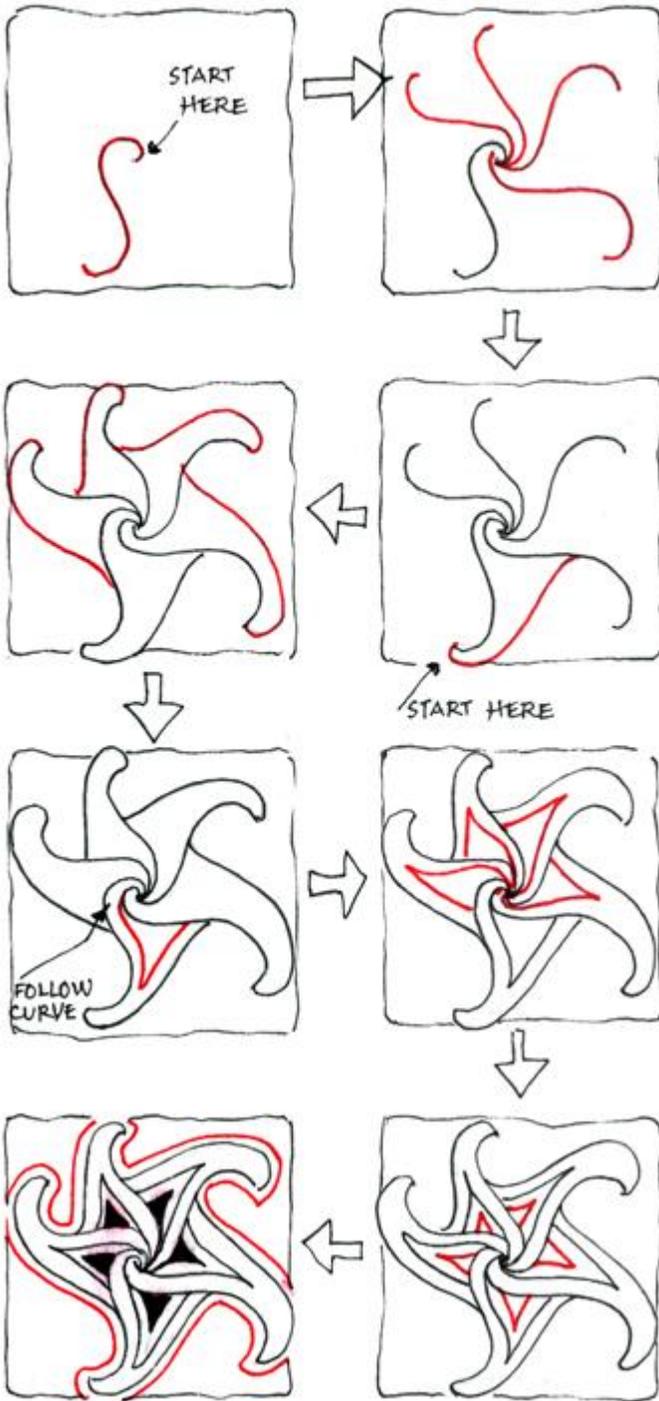


you

create this jewel of a tangle, keep in mind that all the basic curves are "S" shaped curves.



FENGLE always an "S" curve



Pea-nuckle

MOLLY
HOLLI BAUGH

