

What is Zentangle?

- The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns.
- Almost anyone can use it to create beautiful images. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal wellbeing. The Zentangle Method is enjoyed all over this world across a wide range of skills, interests and ages.
- We believe that life is an art form and that our Zentangle Method is an elegant metaphor for deliberate artistry in life.
- We invite you to explore our web site and learn more about this wonderful and uplifting method and art form.



Characteristics of Zentangle Art

Intuitive

With the Zentangle Method, anyone can create beautiful images from repetitive patterns. It is easy to learn and easy to do. And even though it is a specified series of steps, it results in a creative expression that transcends its own rules.

Fun and Relaxing

Creating Zentangle art provides a fun and lighthearted way to relax and intentionally facilitate a shift in focus and perspective. The Zentangle Method of creating art is unencumbered by dogma and cost which can weigh on other approaches. Nevertheless, it is sufficiently structured and organized so you can enjoy and benefit from an activity that otherwise might be considered whimsical.

Unexpected Results

With our Zentangle Method we encourage you to not have a preconceived idea of your final result. Following this somewhat unusual approach, your creation is not restricted by your expectations.

Ceremonial

Repetitive, simple steps are part of the Zentangle Method. These steps support relaxation, focus and inspiration. It can be a wonderful daily ritual.

Timeless

Creating designs, manipulating symbols and putting pen to paper is part of our human heritage. In a time of keyboards, computer mice, and cell phones, the simple strokes that are part of the Zentangle Method automatically engage you in a comfort and familiarity of timeless, basic creativity.

Portable

Everything you need to create beautiful Zentangle art can fit in your pocket. This easy to learn method of relaxed focus can be done almost anywhere, alone or in groups, without any special abilities or costly equipment.

Non-Technical

Our Zentangle tools and method are not limited by technology. Your creativity is not directed by how someone else wrote a particular program, nor does it need batteries or electricity. Our Zentangle approach provides a counterbalance to our increasing use of computers, mice, screens and keyboards. It returns us to that fundamentally human behavior of manipulating symbols and putting marks on paper. Nothing is pre-programmed. Your creativity is your only limit and this Zentangle method has a way of increasing and inspiring expression of your personal creativity.

Empowering

It is an empowering and uplifting experience to learn that you can deliberately relax and intentionally direct your attention while creating beautiful works of art.

Benefits and Uses of the Zentangle Method

It is fascinating to learn how other people are using the Zentangle method. Here's a list of benefits others enjoy from practicing the Zentangle Method. This list continues to grow as people apply the Zentangle Method in ways we never considered.

- Relaxation
- Journaling
- Insomnia (Improved sleep by creating a Zentangle before bedtime)
- Self-esteem
- Inspiration
- Panic attacks (For fear of flying, creating a Zentangle during takeoff and landing)
- Modify behavior
- Create beautiful works of art
- Nurture and develop creative abilities
- Relieve stress
- Improve eye/hand coordination
- Develop/rehabilitate fine motor skills
- Team building and group focus
- Therapy
- Anger management
- Addiction therapy tool
- Early artist development and appreciation

- Increase attention span and ability to concentrate
- Home schooling
- Brainstorming
- Problem Solving
- Design inspiration
- Stretching and warm-up for artists
- Stress reduction