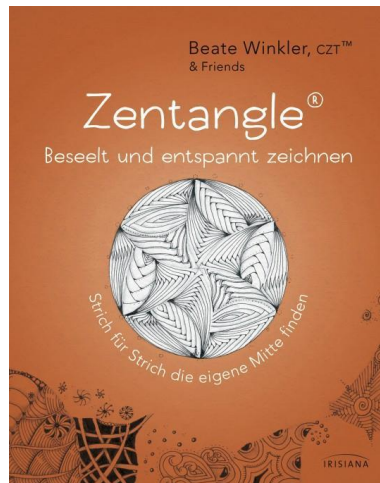


Awakening the inner artist



Beate Winkler
**Zentangle® – drawing in
a relaxed and soulful way**
[Zentangle® – beseelt und
entspannt zeichnen]
Finding your own centre,
stroke by stroke

Irisiana
160 pages
Format 19,0 x 24,0 cm
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With 650 colour illustrations

Beate Winkler is an artist, author, and one of the first certified Zentangle® trainers (CZT™ – Certified Zentangle® Teacher) in Germany. Since 1997 she has been an independent seminar leader, coach, and artist. She gives courses in her own workshop and posts her best creations in her blog 'Die Seele basteln lassen' [Let the soul create].

Zentangle® adeptly combines artistic creativity with meditative relaxation. The certified Zentangle® teacher (CZT) Beate Winkler shows how we can become centered while giving expression to the soul through the mindful drawing and combining of simple patterns.

In this meditative book, psychologists and other experts explore the connections between Zentangle® and mindfulness. The illustrated instructions clearly explain the basic techniques, including the numerous Tangle patterns with over 650 illustrated tiles, thus making it quick and easy to put this discipline into practice.

- Zentangle® – the major trend in the area of meditative mindfulness creativity
- The most comprehensive descriptions of the mindfulness approach of Zentangle® and its healing effects
- With 7x7 magical patterns and clear step-by-step instructions