



zentangle®

# What Is Zentangle®?



The Zentangle Method is an easy to learn, relaxing, and fun way to create beautiful images by drawing structured patterns.

Anyone Can Do It One Stroke At A Time

No artistic skill or experience needed!

## Who Founded Zentangle®?

Rick Roberts and Maria Thomas

He was a monk and experienced meditator, and she is an Award Winning Artist and Calligrapher  
Read more at: [www.Zentangle.com](http://www.Zentangle.com)



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# Where is Zentangle?



All over the world in  
over 50 countries!

*relax.*

**Why is Zentangle Black  
and White?** So that you can get  
the full meditative benefits where you  
don't have to think about anything such  
as deciding what colors to use.

## What is ZIA?

Zentangle Inspired Art  
Creating art using Zentangle Patterns  
while focusing on the outcome such  
as adding color and drawing figures  
such as birds, flowers, etc.



# What Supplies Do You Need?



- Micron 01 Black Archival Pen
- Zentangle Pencil
- Tortillon Blending Stump
- Zentangle Paper Tiles

Any black pen, pencil, q-tip, paper is fine too.

## Where do you get the supplies?

Zentangle.com, Amazon and Art/CraftStores (i.e. Michaels).



## What is a CZT?

Certified Zentangle Teacher who has attended a three day seminar with the founders of Zentangle, learning about the Zentangle Art Method.

## Jacki's Classes

Zentangle Patterns are taught to you step by step in a meditative environment online and in person. View lots of videos and photos on the Rejuventangle Facebook Page and YouTube Channel. Links to both can be found at: [www.Rejuventangle.com](http://www.Rejuventangle.com)

