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# One Zentangle A Day A 6 Week Course In Creative Drawing For Relaxation Inspiration And Fun

**zentangle is an easy-to-learn, relaxing, and fun way ...** - source: zentangle. for more ideas, search their newsletter section. zentangles zentangle is an easy-to-learn, relaxing, and fun way **zentangle lesson plan grades 3-12** - © copyright 2013 - denise rudd and amy broady 1 zentangle® lesson plan grades 3-12 materials: 3.5"x3.5" heavyweight paper or poster board **adult coloring book for mindfulness and relaxation** - introduction while coloring may seem like a trivial adult activity, it is not something to be discounted for its tremendous relaxation and healing effects on the body. **community activities program (parks & recreation) - city of...** - 5 art instructional center (cont.) art tangle exploration: short sessions we will continue our exploration of the meditative art of zentangle®. join us for just one session, or enroll in all of them.

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