



ZENTANGLES

YOGA FOR THE MIND

Experience the relaxing “Flow State” of creativity as we explore the mindful art of Zentangles. As you use the easy-to-learn Zentangle method to craft beautiful images, you likely will enjoy increased focus, creativity, self-confidence, and an increased sense of well-being. No previous art experience is required to participate. It is Yoshie’s abiding belief that life is an art form, and that each person is an artist.

This class is free of charge and is open to the general community as well as Peer Participants.



Instructor Yoshie Hill is a Certified Zentangle Teacher who personally trained with Maria Thomas and Rick Roberts, the originators of the craft. A lifelong artist, she has decades of experience teaching Zentangles, calligraphy, Chinese brush painting, and other fine arts. Yoshie is a founding member and past President of the Pacific Scribes Calligraphy Guild.

EVERY TUESDAY 1:00 PM
AT HEART & SOUL’S COMMUNITY DROP-IN CENTER



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