



*Zentangle is an art form anyone can learn.*

## Zentangle Workshop

**Saturday, April 30, 2011  
9:30 to 12:00 pm**

**Cost: \$30** includes a Mini-Kit  
**Certified Zentangle Instructor**  
Barbara LaGree

**Center 3000 Office Building**  
3000 United Founders Blvd.  
(NW Expressway bet. May & Independence)  
Oklahoma City, OK 73112

Zentangle is done with a pigment based ink pen on a three inch square of mold-made, archival quality paper.

Zentangle is an abstract art form consisting of one or more repeating patterns, drawn in an unplanned manner. It was created in 2003 by Rick Roberts and Maria Thomas. They designed a system, a series of steps so that ANYONE can do this, and discovered that Zentangling has many benefits beyond it's original expectations.

In this workshop you will learn how to create your own Zentangles, as well as its many benefits... reduces anxiety, turns on right brain activity, meditative, calming, a new way to add designs and patterns to your art, journaling, lettering, painting, sculpting, etc. You do not need any artistic ability or background to benefit from this workshop.

Barbara LaGree is a Certified Zentangle instructor, having taken the first Zentangle class in February 2009 with Rick and Maria in Whitinville, MA. She has taught Zentangle classes, and often incorporates it into her own artwork and designs, as well as applying its philosophy and theraputic aspects to her life.

**To Reserve Class Space contact Barbara LaGree by April 26 at: [baka@lagree.biz](mailto:baka@lagree.biz)**



We believe that life is an art form and that Zentangle  
is an elegant metaphor for deliberate artistry in life.  
[www.zentangle.com](http://www.zentangle.com)