



Heather Hartwick Gladden, Certified Zentangle Teacher

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Zentangle® Essentials Class

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. The Zentangle Method increases focus, creativity and provides artistic satisfaction along with an increased sense of personal well-being.

And - Absolutely No art skill is required!

You will learn exactly what the Zentangle Method is, how it can benefit for you as far as a method to relax, boost creativity and focus, work on mindfulness and even as a way to meditate. This is the perfect class to start with because we focus on the essential techniques most commonly used. To top it all off, you will leave with a unique piece of art that you created!!

Items you will need:

- Micron Pen or other fine line pen (Felt or plastic nib pens work too.)
- Traditional Zentangle Tile 3.5" square (You can use any paper you would like, or even a sketchbook. Thicker paper, like cardstock, Bristol or Watercolor paper, works great.)
- Pencil (regular No. 2 works fine)
- Tortillion (For shading the graphite from the pencil. You can use your finger, or a cotton swab.)

If you wish to purchase supplies through me:

[Official Zentangle Products](#)

[Dick Blick \(using my link\)](#)

