

Sattvic Center presents:



Drawing
TANGLES OF
Zen

As Meditative Practice

Sunday June 12, 2016

From 10:00-12:00 pm

Cost: \$20



Zentangle art is easy to learn and lovely results can be achieved even if you have no drawing skills!

- Learn how to focus on the present moment
- Create unique and beautiful art work
- Develop a practice that can be used at any-time

Please register by contacting Jennifer McDuffie @ jenmcdart@gmail.com or phone 757-348-3240

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