

Art Zendoodle Illustrations Patterns Meditation

Patricia Thomas

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Zendoodle Schaadt.2016 ZEN Doodle Jane McKenty, 2015-10-04 ZEN DOODLE The Art of Zen Doodle Drawing Guide with Step by Step Instructions Are you drawing doodles while talking on the phone or sitting in a business meeting If you draw circles squares or some other shapes and fill them with arbitrary patterns you re into ZEN DOODLE and you don't even know it This book is designed as a workbook so expect much more pictures than text The text is there only to make the explanations of drawings easier for you to follow ZEN DOODLE is an excellent blend of meditation and creativity While in the classic meditation you just sit back and point the attention on the breath in ZEN DOODLE meditation you are creating In addition to simplified step by step instructions how to create different Zen Doodles based both on famous patterns and new patterns this eBook also includes an article on the benefits of ZEN DOODLE to health At the end you will find instructions on how to draw a Zen Doodle on a real example Every pattern in this book is followed by pictures Buy the book ZEN DOODLE and begin to create works of art while meditating What is exceptional about this type of drawing is that you don't need any previous knowledge of drawing to create works of art Here is a preview of what you ll learn Zen Doodle the art of meditation Tools and materials Zen doodle inspired with famous patterns New ZEN DOODLE patterns Lots of explanatory drawings Download your copy of ZEN DOODLE by scrolling up and clicking Buy Now With 1 Click button Zendoodle Olivia Summers, 2015-10-18 Have You Seen Zendoodle Works Of Art And Been Inspired To Create Your Own But Don t Even Know Where To Start Maybe you re not even sure what Zendoodle is or simply don't feel like you re qualified to be an artist If any of these scenarios apply to you then my Zendoodle Mastery Series is the answer you ve been looking for Not only will you learn the principles of the Zendoodle Method but I ll also walk you through step by step in pictures each of the patterns so that you know exactly how to re create them in your own artwork But the benefits aren t just the visual appeal When You Use The Zendoodle Method Daily You ll Begin To See Changes In Your Life And Your Mindset In A Big Way How Well Zendoodle was originally developed as a way to practice mindfulness and meditation through the repetitive art of drawing these simple but challenging patterns each stroke of your pen brings you closer to the zen in Zendoodle If you re looking for a way to create beautiful artwork that only looks impossible but is actually quite simple then be sure to grab all 3 Volumes of my Zendoodle Mastery Series that s 99 patterns Here s What You ll Find Inside Expanded Workbook Edition so you can practice each pattern step by step PLUS extra space to create your own original tangles using each pattern What the Zendoodle Method is Common Myths and Misconceptions Each step of the Zendoodle process 33 unique tangle patterns with step by step picture instructions for each pattern Common Zendoodle terminology The essentials for practicing the Zendoodle Method do you really need 20 different pens colored markers colored pencils a sketchbook and tiles How to create your very own tangle Plus so much more So if you need some encouragement and inspiration to create your own Zendoodle artwork then let me be your guide and help you along your Zendoodle journey If You Purchase The Paperback Workbook Edition You

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