



## **The Art of ZENTANGLE**

A Workshop with Certified Zentangle Teacher, Mary Fox

**REGISTER:** Send an e-mail to our Treasurer, Ann Marie Castelgrande, at [art4u1000@aol.com](mailto:art4u1000@aol.com) to receive details on how to pay for your seat in the class.

**Date:** MARCH 21, 2026

**Time:** 9:00 a.m. to 12:00 p.m.

**Location:** Insalaco Building for the arts; 3<sup>rd</sup> Floor, Marywood University, Scranton, PA

**Cost:** Members \$30.00      Non-Members \$37.50

### **Description**

In 2004, Rick Roberts—a meditator—and Maria Thomas—a calligrapher—realized through their respective practices that creating repetitive patterns had a meditative effect. The two joined forces to develop a way to share their insights with others and the art of “Zentangle” was born.

In this workshop your instructor will walk you through this meditative art form. You will discover how putting a black gel pen to a white piece of paper can change your life forever. The presenter will teach you strokes called “tangles” in a step-by-step process, producing a beautiful art piece in a short amount of time. Aside from its meditative qualities, this playful and decorative art will serve as a new way to enhance your calligraphy quotes and broadsides.

During the first half of the workshop you’ll be introduced to authentic black and white, and abstract Zentangle. In the second half of the workshop you will add color and familiar images to create Zentangle Inspired Art (ZIA).

As you learn different tangles and use repetitive strokes, you will increase your focus and creativity—a helpful practice for any calligrapher. The beauty of this art form is that ***there are no mistakes***, leading to a feeling of total relaxation. No experience or artistic ability is necessary. Enjoy the process as you reduce stress, find peace, and promote a sense of calm within you.

### **Materials List**

#### **NECESSARY:**

- Black gel pen: Pigma Micron .8 recommended; available at Hobby Lobby or Michaels

- Graphite #2 Pencil
- Colored pencils
- Colored gel pens (various colors)
- White gel pen

**OPTIONAL:**

- Sketch book or unlined notebook

**NOTE:** The instructor will supply all Zentangle paper supplies and notes

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**ABOUT THE INSTRUCTOR: Mary Fox, CZT**

During COVID Mary received an invitation to a complimentary online Zentangle Class with a Certified Zentangle Teacher (CZT). Mary believed that she could not draw a straight line even with a ruler, but she enrolled in the class anyway. She was immediately attracted to this artistic relaxation technique because she was able to complete a beautiful piece of art in a short amount of time. Once the art was completed using only gel pen and a piece of paper, Mary felt fulfilled, proud, and relaxed. And, because she wanted to share this unique meditative art technique with as many people as possible, she went on to achieve her Zentangle Certification in May of 2021. Although she is a CZT, Mary continues to take weekly online classes from another CZT.

Since receiving her certification, Mary teaches online Zoom classes with students from all over the United States. She has conducted workshops at Marywood University and for local organizations. She presented a workshop at the Pennsylvania Senior Center Directors Convention in State College. Mary has also taught Zentangle at two resorts in beautiful Aruba. The inexpensive portable materials (piece of paper, notebook, gel pen) will help you to relax in an airplane, at a doctor's office or just during a stressful day.

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