



Anya Lothrop

Zentangle

Schritt für Schritt

Das Original

**Das neue
Musterbuch**

- Zeichnen und Flow erleben
- Einfach einsteigen
- Geniale Ornamente
- Tolle Effekte



Zentangle Schritt F R Neue Musterbuch

Jane Mabaix



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Zentangle® Schritt für Schritt Anya Lothrop, Nikolaus Lenz, 2015-06-22 **Zentangle Basics, Expanded Workbook Edition** Suzanne McNeill CZT, 2014-02-01 Zentangle Basics introduces you to today's hottest trend in drawing meditation. Using only pencil, pen and paper, you'll learn how to draw 25 original tangles and discover inspiring ideas for incorporating these designs into your art. This expanded workbook edition includes an interactive bonus section where you can get started with warm-up exercises, practice tangling and experiment with strings and shading. With benefits including stress relief, inspiration and improved self-esteem, Zentangle can be done anywhere and no special artistic talent is required. Tangles can be used to decorate wearables and home decor objects as well as cards, scrapbook pages and journals. Best of all, you can tangle even if you have never drawn anything before.

Zentangle 3, Expanded Workbook Edition Suzanne McNeill CZT, 2014-02-01 Explore tangle possibilities and discover a host of new techniques with Zentangle 3 Expanded Workbook Edition. This inspiring book offers 40 original tangle patterns and a host of new ideas for combining rubber stamps and tangles to create rich and delightful graphics. Begin with the Zen of basic tangling, filling in the spaces between simple lines one step at a time. Then start turning rubber stamp shapes into spectacular designs. Create beautiful Zentangle-inspired art by enhancing rubber stamp outlines with tangles. Make your stamp an intriguing focal point surrounded by tangle sections. Use the interactive workbook to master tangles and shading for your Zentangle stamp art.

One Zentangle a Day Beckah Krahula, 2012-11-01 Take your doodles and your mind to a whole new level with this bestselling and preeminent guidebook to the meditative art of the Zentangle. The Zentangle method was created by Rick Roberts and Maria Thomas as a way to practice focus and meditation through drawing by using repetitive lines, marks, circles and shapes. Each mark is called a tangle, and you combine various tangles into patterns to create tiles or small square drawings. Each of the six chapters explores a different aspect of Zentangle: Basics and Enhancements, Tangles and Value Patterns, Geometric and Organic Patterns, Understanding and Using Color, Defining and Using Style, Creating the Rest of Your Zentangle Journey. Each exercise includes new tangles to draw in sketchbooks or on Tiepolo, an Italian-made paper that teaches daily tile design, offers tips on related art principles and contains an inspirational ZIA Zentangle Inspired Art project on a tile that incorporates patterns, art principles and new techniques. Drawing Zentangles is a relaxing and replenishing diversion that can be enjoyed by people of all ages and skill levels. In addition to its soothing benefits, a Zentangle practice can also help with self-image phobias, addictions, pain management, conflict resolution and coping with grief. Step away from the daily hustle and untangle with a Zentangle.

The Great Zentangle Book Beate Winkler, 2016-08-15 Create, relax and inspire, one stroke at a time with The Great Zentangle Book. Zentangle is a meditative art in which lines and shapes are created and combined to make one intricate piece of artwork. Compiled by certified Zentangle trainer Beate Winkler, these 100 step-by-step Zentangle patterns will help you relax while creating approachable and beautiful works of art. Discover beautiful tangles from artists from

around the world including Zentangle founders Maria Thomas and Rick Roberts Be up to date on current Zentangle trends with new delicate bijou tiles and find inspiration for your own Zentangle artwork while learning fascinating information and techniques It s time you gave your mind a creative break with **The Great Zentangle Book** Zentangle 4 Suzanne McNeill CZT,2014-02-01 This book features 40 New tangles plus techniques for using color with your Zentangle drawings to add an exciting new dimension to scrapbooks cards and journals Zentangle 12, Workbook Edition Suzanne McNeill,Cindy Shepard,2015-12 Explore the latest and coolest black white tangle tangle techniques with 10 innovative methods 30 original tangles and a bonus 16 page workbook Zentangle 12 offers exciting Ideas for punched shapes torn paper stencils inkblots clayboard straw blowing Notan and more **Zentangle 6, Expanded Workbook Edition** Suzanne McNeill,2014-07 Create beautiful personalized greeting cards using stencils and Zentangle Includes 40 original tangles ideas for Dreamweaver Stencils c and an interactive workbook **Zentangle 7** Suzanne McNeill CZT,2014-03-01 Combine the inspiration of the Mandala with Zentangle art and bring your Zentangles full circle with 40 new tangle patterns and ideas for making beautiful sacred circles **My Zen Tangle Companion - An Art Journal and Workbook** It's about Time,2019-05-12 Here s 100 pages of zentangle tiles 9 per page back of each page is blank that you can use however you want for your own designs not everybody loves those little tiles to record your favorite tangles for future reference and inspiration to add new tangles you ve seen to document the step outs for new or complex tangles to develop your own new tangles to experiment want to try your shading idea before applying it to your current design to create modifications of other patterns to use it as a journal record of your own zentangle practice or just for practice And of course it doesn t have to be used for zentangles You can use it for any sketching or drawing or journaling you want This zentangle sketchbook and journal is a great tool to enhance your ability to reduce stress foster creativity increase wellbeing and promote relaxation A Zen Tangle Companion is 8 1 2 x 11 printed on premium white paper with durable matte cover There are 90 pages with 9 zentangle tiles 2 25 x 3 25 plus 5 pages of black tiles and 5 pages of circular tiles Each of these pages has a blank reverse side to minimize any bleedthrough Lots and lots of space for all your creations You ll want to add this fabulous useful and highly inspirational to your zentangle bag of tricks today It s About Time brings you a wide array of beautiful high quality planners journals diaries organizers specialty journals composition notebooks dot grid or bullet journal TM notebooks sketchbooks and other paper delights all just waiting for your creative and inspired input your notes and ideas to do lists sketches and doodles anything and everything you want to commit to paper **Zentangle Drawing for a Calm and Focused Mind** Suzanne McNeill,2015-10 Shares instructions for and examples of the meditative drawing style **Zentangle Basics Geometric Zentangle : Learn to Draw Zentangle Patterns Step by Step Book 3** Jeet Gala,2015-04-21 How To Draw Zentangle Basics Geometric Zentangle DesignsZentangle Basics Geometric Zentangle is a beautiful book giving precise step by step designs and fun related drawing exercises Zentangles are a new trend in the drawing and paper arts world The concept was started by Rick Roberts and

Maria Thomas as a way to practice focus and meditation through drawing by using repetitive lines marks circles and shapes Each mark is called a tangle and you combine various tangles into patterns to create tiles or small square drawings Hope this book helps you in learning this beautiful art Zentangle 3 Suzanne McNeill,2010 40 more tangles Sequel to Zentangle basics and 2 Cover Zentangle 9 Suzanne McNeill,2014 Bring your tangles to life with rich color Inside you ll find 30 all new tangles along with dozens of inspiring ideas for adding expressive color to your mixed media tangle art Zentangle for Kids Jane Marbaix,2020-07-31 Unlock your creativity with this fun and inspiring book Clear step by step instructions make the tangles easy to master and fun to do and the book is filled with beautiful illustrations and scenes that young tangles can make their own Special project pages also show readers how to use their tangle artworks to create gorgeous decorations cards and gifts Perfect for creative kids aged 8 and up **Zentangle 6** Suzanne McNeill,2011 Zentangle 6 will help you discover new creativity and explore new directions Use brass stencils make jewelry appealing projects and 40 new tangles Zentangle 2 Suzanne McNeill,2010 This inspiring book offers more than 40 new tangle patterns and border designs to use in embellishing scrapbooks sketchbooks journals cards paintings quilts and more *Freude mit Zentangle® 3* Suzanne McNeill,2014-02-10 *Zentangle Sourcebook* Jane Mabaix,2016-09-15 This is just the book that the many devotees of tangling have been waiting for Packed with step outs of more than 70 of the most popular tangles many of them created by Zentangle originators Rick Roberts and Maria Thomas together with finished artworks showing how they can be used this book s wealth of visual treats will provide endless inspiration and stimulation for tangles of all levels of experience The handy size only adds to the book s attractiveness enabling users to create patterns while they are on the move Everything the avid tangler needs is into this delightful resource Zentangle for Kids Jane Marbaix,2015

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