



## Yoga for Your Brain 20 Blank Tangle Cards

By Bartholomew Sandy Steen

Cards. Book Condition: New. Not Signed; Description: Zentangle[registered] is fast becoming a worldwide phenomenon. Tangle new patterns on the front, record each step you use on the back. It comes in a conveniently sized package, so you can tangle any time, any place. Keep your brain flexible with these 20 handy blank Zentangle[registered] cards! With these cards in your pocket or purse you'll always be ready to tangle. Every card provides space on the front to tangle new patterns, while you record each step you use to create your design on the back. The Zentangle method, created by Rick Roberts and Maria Thomas, is a fun and relaxing way to create beautiful images by drawing structured patterns. People of all skills and ages can enjoy Zentangle, and no special artistic talent is required. You can tangle any time, any place, using just a Micron pen (not included) and these cards. book.



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### Reviews

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