



## Yoga for Your Brain Totally Tangled Edition (Paperback)

By Sandy Steen Bartholomew

Design Originals, United States, 2013. Paperback. Condition: New. Totally Tangled ed.. Language: English . Brand New Book. Zentangle[registered] is fast becoming a worldwide phenomenon. It includes 40 unique cards, each presenting a tangle pattern, with easy-to-learn steps to complete each design on the back. It is presented in a conveniently sized package, so you can tangle any time, any place. Keep your brain flexible with this handy Zentangle card deck! Inside you ll find 40 unique cards, each presenting an original named tangle pattern. Easy-to-learn steps for completing each design are provided on the back of each card. Nine bonus cards introduce basic tangling methods and you can flip these cards over to assemble a mind-bending puzzle! 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 white paper, a Micron pen (not included) and this card deck.



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### Reviews

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*It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.*

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