




Seniors Month

ZENTANGLE

ART SESSION


Adults 55+
FREE

HOSTED BY
Yvonne from Y We Start



Zentangle is a method of drawing patterns to create beautiful images. It is the process of simple lines, drawn repetitively, one stroke at a time, without a planned outcome, without expectations, quietly enjoying the pen marking the paper mindfully focusing on just that action there are no mistakes just opportunities.

Your instructor Yvonne Westover has been practicing art for over 40 years, has a degree in Visual Art, is a Certified Zentangle Teacher and has taught over 3000 students various art mediums. Yvonne knows that adding some creative time to your day will allow for a happy distraction that can help reduce stress. Zentangle happens to be her go to practice to turn chaos into calm. Yvonne's no fuss and supportive go with the flow way of teaching allows for each participant to gain confidence in their own creative practice.



JUNE 28, 2022 - 2-4 p.m.

Margaret Dunn Valleywood Branch
Registration opens June 13



Registration at caledon.ca/adult55
or by calling 311.

