

The Zentangle® Method

Description	Supports calm, concentration and cognitive flexibility through guided drawing.
What happens	Participants follow a structured drawing sequence that combines simple marks to create an intricate pattern.
Why it works	Encourages deep concentration and mindful focus, giving the brain a complete break from everyday work demands.
What's included	All materials.
Logistics	Tables and chairs for all participants. For groups over 40, I recommend a screen.
Group sizing	Any size up to 100.
Price	£40.00 per person + travel.

Optional Enhancements

Energiser to open the session

Curated background music to support flow

