



# Get Your Zen On!

*Monday, November 16th  
6:30-8:00 p.m.*

Are you a doodler but tired of scribbling circles on envelopes? Need to do something mindful during times of stress? We can guide you through the art of **Zentangle**. It's easy to learn, relaxing, and a fun way to create beautiful images by drawing structured patterns with some easy to learn doodles. It offers some ways to turn your mindful doodles into art worthy of a frame!

Join us for this fun Zentangle workshop led by Lynda Abraham Braff and Marlene Deutsch, Creative Judaic Arts Co-Chairs. And no worries about supplies as you probably have everything you need to start Zen tangling already in your house. You'll need a pencil, a cotton swab (or your finger), an ultrafine tip black sharpie (a fine tip art pen or a plain pen will work), and 2 sheets of white paper or light color construction paper approximately 6x6. If you'd like, you can print and use the attached PDF of the same *Chai* that's in the example.

[Click Here for PDF](#)

**Please RSVP by November 12th** to:

[cbjsisterhoodmail@gmail.com](mailto:cbjsisterhoodmail@gmail.com)