

ZENTANGLE

An Online Mindful Drawing Workshop



Where there are no **mistakes**, only **opportunities** to find the **calm** and **joy** in **creativity**.



Open online sessions every two weeks with The OLLIE Foundation.



No artistic ability or special equipment necessary.



A completely private opportunity for mindfulness - no pressure to switch mic or camera on for the session.



£5 per ticket, with fully funded tickets available to those who need one.