



z e n t a n g l e ®

Wednesday, August 13 —6:00-8:00 PM

Join us for this upcoming class!

Zentangle® is an easy-to-learn, relaxing, and fun style of creating beautiful images by drawing structured patterns. Zentangling® is wonderfully meditative and can be done anywhere, anytime for fun or as a part of a mindful practice.

Beginners and practiced “tanglers” are welcome. Open to adults and teens.

\$35 Registration—includes instruction and supplies for tangling.

Class is held at: Plumb Line Physical Therapy,
955 Ben Franklin Hwy, West,
Douglassville



Call Kris Kennedy at (484) 955-1449 or

Plumb Line PT at (610) 953-3232 to register

Kris Kennedy is a certified zentangle teacher (CZT®), holistic intuitive and integrative psychotherapist. She maintains a private practice in the Reading area and provides workshops in energy medicine, mindfulness and art, and trauma and attachment. Zentangling® and art are integral parts of her own mindfulness practice. kennedy.kristin@yahoo.com

