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FOR IMMEDIATE RELEASE

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Subject: ZEN with a Pen

What's a "Zentangle"? An opportunity to find focus and inspiration, while relaxing at the same time. Beginning Wednesday, August 3, at 1 p.m., artist Sarah DeKett will teach a four-week "Zentangle" class at the Traverse City Senior Center.

DeKett describes Zentangle as a method for creating beautiful images using repetitive patterns. "At first glance," she explained, "Zentangle may seem detailed and complicated, but everyone succeeds when they realize how simple it is to create the designs, one line at a time."

During each class, participants will engage in instructional, creative exercises, receive new handouts to add to their Zentangle booklets, and share ideas about how to apply finished artwork to their own future Zentangle-inspired creations.

DeKett is an art teacher with over ten years of experience teaching students from pre-school to high school-age. She holds a Bachelor of Arts degree in Art Education from Western Michigan University, and a Master of Arts degree in Humanities from Central Michigan University. The Zentangle instructor has her own portrait photography business, and handcrafts jewelry, which she sells with her artwork at local craft shows.

Zentangle costs \$40 per person, and includes instructions and materials, such as a three-piece Sakura Zentangle Pigma Apprentice Pen Set, 75 Studio Series Artist Tiles, a bound booklet of instructional lessons, practice exercises, and project inspirations. Advance registration and payment are required. For more information, call 231-922-4911 or send an e-mail dmikowski@grandtraverse.org.

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