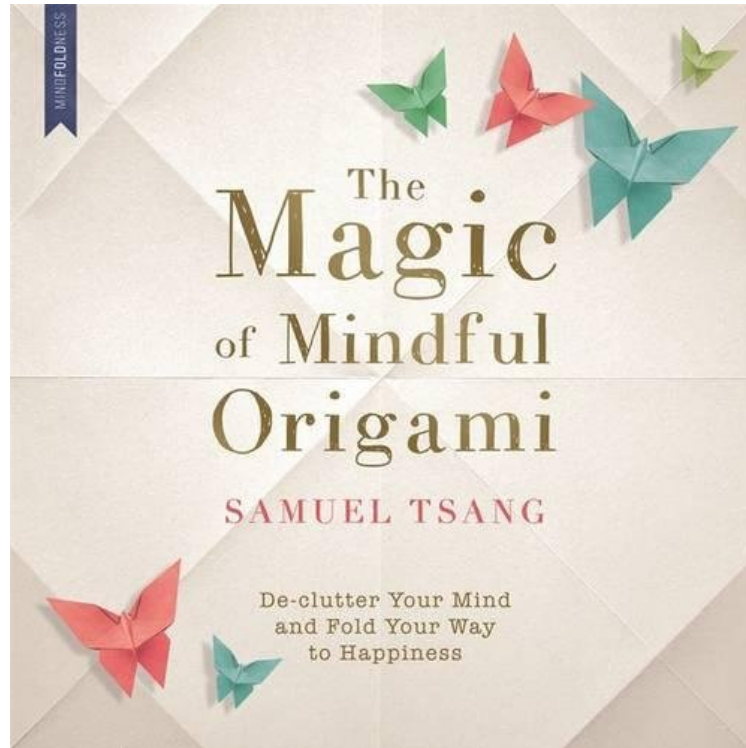


[Free and download] The Magic of Mindful Origami

## The Magic of Mindful Origami

Samuel Tsang

ebooks | Download PDF | \*ePub | DOC | audiobook



#3823239 in Books imusti 2016-09-08Original language:English 8.70 x .43 x 8.311, .66 #File Name: 1473635020144 pagesHODDER STOUGHTON | File size: 60.Mb

**Samuel Tsang : The Magic of Mindful Origami** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Magic of Mindful Origami:

Origami is the Japanese art of paper folding and has been shown to encourage mindfulness, creativity, and hand-eye co-ordination. Great for meditation and promoting relaxation, origami is often considered to be yoga for the mind. Most of the time we allow our attention to drift and wander at will, often leading to worry, stress and anxiety. In the sequel to The Book of Mindful Origami, Samuel Tsang shares 16 brand new models to encourage meditation, dispel negativity, and encourage the magic of mindfulness into your daily routine. By folding paper and producing beautiful models, we start to unfold our minds and begin our journey to mindfulness. Including easy-to-follow step-by-step instructions as well as brand new meditation topics, The Magic of Mindful Origami will take your folding to the next level and help you exercise your mind, restore calm, and bring you back into the present. Why not try mindful origami with your family, friend or loved one, and share your creations with each other? Think of these models as a mindful gift to make others happy with a small gesture of kindness.

About the Author Samuel Tsang is a London-based origami teacher. He has folded origami since a child and has been teaching professionally since 2003. During that time he has introduced origami to thousands of students in corporate

team building and public workshops. Sam has worked with over 100 companies including some of the world's top internet and luxury good brands. He specialises in making beautiful bespoke origami first anniversary bouquets out of paper and undertakes commissions from private individuals and businesses. He was also the main organiser for the Guinness World Record for the largest display of origami elephants that is permanently displayed at ZSL Whipsnade Zoo. He lives with his wife and two daughters in a house full of origami.