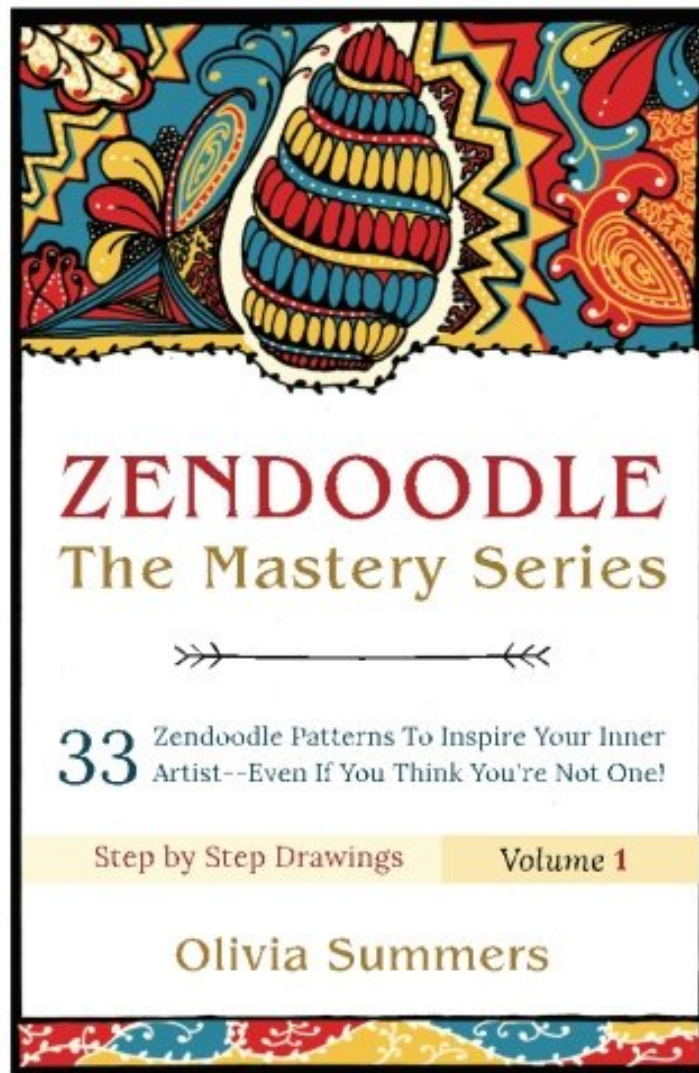


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Zendoodle: 33 Zendoodle Patterns to Inspire Your Inner Artist-- Even if You Think You're Not One (Zendoodle Mastery Series) (Volume 1)

Olivia Summers

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Have You Seen Zendoodle Works Of Art And Been Inspired To Create Your Own But Dont Even Know Where To Start? Maybe youre not even sure what Zendoodle is, or simply dont feel like youre qualified to be an artist. If any of these scenarios apply to you, then my Zendoodle Mastery Series is the answer you've been looking for! Not only will you learn the principles of the Zendoodle Method, but Ill also walk you through step by step in pictures, each of the patterns so that you know exactly how to re-create them in your own artwork! But the benefits arent just the visual appeal. When You Use The Zendoodle Method Daily Youll Begin To See Changes In Your Life And Your Mindset In A Big Way. How? Well, Zendoodle was originally developed as a way to practice mindfulness and meditation through the repetitive art of drawing these simple, but challenging patterns...each stroke of your pen brings you closer to the 'zen' in Zendoodle. If youre looking for a way to create beautiful artwork that only looks impossible (but is actually quite simple!) then be sure to grab all 3 Volumes of my Zendoodle Mastery Series (that's 99 patterns!). Heres What Youll Find Inside Expanded Workbook Edition so you can practice each pattern step by step PLUS, extra space to create your own original tangles using each pattern. What the Zendoodle Method is Common Myths and Misconceptions Each step of the Zendoodle process 33 unique tangle patterns with step-by-step picture instructions for each pattern Common Zendoodle terminology The essentials for practicing the Zendoodle Method do you really need 20 different pens, colored markers, colored pencils, a sketchbook and tiles?! How to create your very own tangle Plus so much more! So, if you need some encouragement and inspiration to create your own Zendoodle artwork, then let me be your guide and help you along your Zendoodle journey! *** If You Purchase The Paperback Workbook Edition, You Can Get The Kindle Version FREE! *** BONUS: As a thank you for your purchase, youll find an additional 21 Zendoodle patterns + 10 bonus borders to download for free inside the Kindle version! == Scroll up and click 'add to cart' to get your copy now.

About the Author Olivia Summers is a certified yoga instructor with more than 15 years under her belt and a self-described "art aficionado." She considers yoga her life calling and enjoys teaching her craft one-on-one in her home studio. It's one of the most fulfilling and rewarding parts of her life and she feels fortunate that she gets to share her passion with all of her students and readers. She's experienced first hand the profound growth yoga brings to its practitioners--not just physically but also mentally and spiritually. Especially when combined with the tranquil art of Zendoodle--her favorite form of drawing. She enjoys seeing the improvements in people's lives through yoga and meditative art forms. Improvements such as being more mindful, having more energy and living happier, more authentic lives. It's experiencing these amazing life changes that keeps her motivated to continue teaching and writing on the topics of yoga, Zendoodle, and mind-body health. Her true purpose in life is to give others the same opportunities to experience amazing life changes that she has had through practicing yoga and living a healthier lifestyle. Olivia's hope is that her words help inspire others to be the best versions of themselves. She currently resides in the foothills of the Smokeys. When she isn't writing or teaching yoga she enjoys hiking, drawing and experimenting in the kitchen.