

FRIDAY January 22, 2016

STRESSED? Keep calm and 'Zentangle'

Monica Leong

Tired, stressed out and want to relax? There are many ways to quieten down, and one of the new light-hearted ways is by just drawing patterns which will calm your mind that in the end become artistic images that you never thought you had the talent to do.

This relaxation technique is called "Zentangle", a new art form created by American couple Rick Robert and Maria Thomas. Although it is relatively new to most of us, it has actually been around for 11 years and has been known by psychologists for its stress-reducing benefits and education therapy.

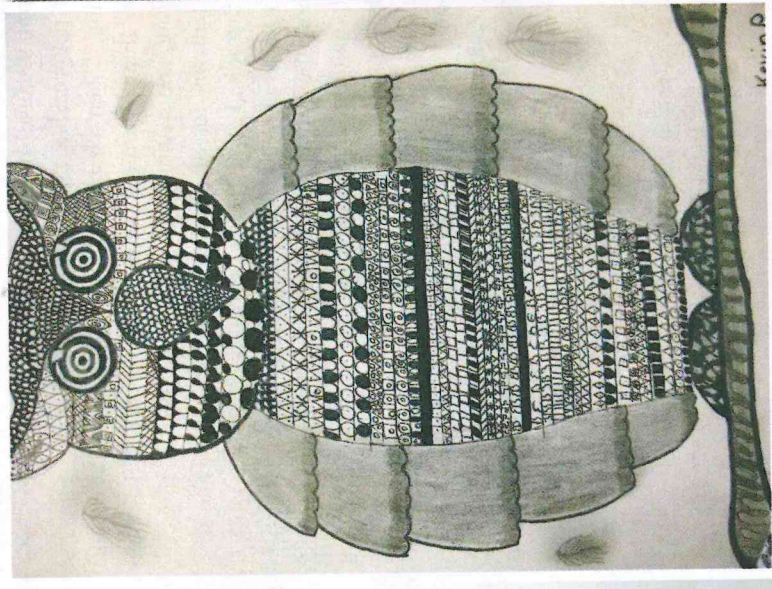
According to the founder's website, a "tangle" refers to "a pattern that has been deconstructed so that it can be recreated according to the Zentangle Method". "Zen" is a school of Mahayana Buddhism that emphasises a rigorous meditation practice.

As Zentangle is about relieving stress through art that anyone can do even if they are not artists, the local Macpro Gallery is holding a workshop on its premises tomorrow for all those interested in learning the basics.

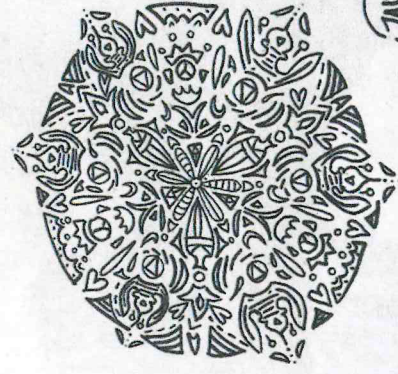
Sumitro Wong Chung-yin from Hong Kong's Inner Guides Co., started by his wife Bhakta Ng Wing-yan and that provides different types of counselling services and spiritual growth courses to individuals, schools, groups and private companies, will be conducting the workshop in Cantonese and English.

Ng is a registered social worker in Hong Kong specialising in family counselling, child development and people with special needs.

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These images provided by Bhakta Ng Wing-yan are Zentangle art created by her students and special needs children.



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WATER AND FADE PROOF PIGMENT INK
RECAP
AFTER
USE

Photo: Monica Leong