

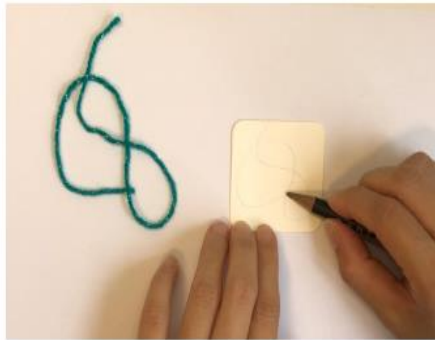


INTRODUCTION TO ZEN ART (4 SESSIONS X 3 HOURS)

This course introduces learners to Zen Art, an art form that cultivates inner peace and well-being. Learners will acquire the fundamental drawing techniques based on the Zentangle® method and patterns. Through this unique method of drawing, learners can experience benefits such as removing mind blocks and boosting self-esteem. This course is recommended for learners without prior knowledge of Zen Art drawing and those interested in art mindfulness practices.

Course Content

- Zentangle® method and patterns
- Tangle enhancers
- String theory
- Marks and mistakes
- Techniques for white paper tiles
- Mindfulness in physical movement
- Collection album creation



Certification:

Learners will be presented with a digital copy of the Certificate of Participation upon attaining a minimal 75% attendance rate.

Information:

1) Application

Apply online during application period.
Click [here](#) on “How to Apply”.

2) Contact details

Tel: 6512 1388

Email: lifelongeducation@nafa.edu.sg

Trainer's Profile:

Celine Ong is a Certified Zentangle Teacher (CZT #8) whose devoted herself in mindfulness art teaching since 2018. Her teaching mainly focus on Zentangle, Modern Calligraphy, Creative Watercolour Marks and Floral, and Journal making.

Celine creatively designed her art courses with various strategies to meet her clients need. This leads her to conduct mindfulness art lessons in different format, such as private lessons, public classes, daily event and mental wellness art lessons for corporate employees. Her well planned lessons has satisfied a wide range of clients range from age 10 to 50+.



Celine's art creation mostly inspired by nature, imagination, feelings & beautiful memories. She started to bring in her mindfulness influences to her fine art practice in 2020, which she wishes to develop in both her artistic expression and her concern about mental wellness in this region.

She is eager to find potential in each art medium and apply in the therapeutic art making process. She strives to further develop her art teaching with the method that improves mental-wellbeing in a fun & relaxing way.