

hirsch

Wellness Network

hirschwellnessnetwork.org

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Zentangle is an art activity invented by a monk named Rick Roberts and an artist named Maria Thomas. Zentangle is a free-flowing mindfulness meditation that allows you to focus on each stroke of the pen while introducing a welcome state of calm. Think of it as meditative doodling. The creativity options and pattern combinations are boundless. And anyone can do it!

The Zentangle Method™ increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well being. The Zentangle Method is enjoyed all over the world across a wide range of skills, interests, and ages.

One of the lovely things about Zentangle is that it isn't supposed to BE anything. Even more, it's SUPPOSED to NOT be a something. ... Zentangle is simply beautiful patterns playing harmoniously together. Zentangle-inspired art (ZIA) is another story; it can be Something if you want.



Michele Reider is a woman of many talents who has dedicated her life to teaching and serving others. Her career as an occupational therapy practitioner included helping patients in hospitals, rehabilitation centers and retirement communities. An accomplished pianist Michele has played and taught piano for over 35 years. And as a dedicated mother, Michele spent 15 years homeschooling her four children. Michele's passion has always included art and music and Hirsch Wellness is fortunate that she continues to share her joy for teaching as one of our instructors teaching Zentangle. She received her CZT credential at the 34th Zentangle Teaching Program in Providence, Rhode Island in June 2019. Michele is also one of Hirsch's Artist in Residence at The Cancer Center.