

Bio of Trish O'Leary, Certified Zentangle® Teacher

I've always loved and appreciated art. I lived in NYC most of my life and in the early 70's worked at advertising agencies, took classes at Parsons, studied watercolor painting, and freelanced as a graphic artist. During this time I also discovered meditation, learned the technique, and have practiced daily ever since. What I have learned about Zentangle is that it combines these two activities -- art and mindfulness -- in the most unexpected and wonderful way.

Sit quietly, take pen to paper, breath and create beautiful art! Seems like magic . .
. anything is possible, one stroke at a time.