

**Yoga For Your Brain: A Zentangle Workout By Sandy
Bartholomew**

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Owner / Artist at Beez Ink Studio / Author and Illustrator of Zentangle® books / Certified Zentangle Teacher (CZT) Yoga for Your Brain - A Zentangle Workout.

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Yoga for the mind - the hindu

V Priya says Zentangle is a great stress buster for the old and young alike. As you get engrossed in making the strokes, it slows down your which usually lasts over three hours, there are a few introductory exercises.

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