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Healthy
Working
Life



A Mindful Zentangle Taster Session



Join us for a mindful drawing workshop led by Carolyn Hilton from Mindful Maker CIC. During this relaxing session, you'll be guided to take 'a line for a walk' using a fine liner on plain paper, creating your very own unique piece of art.

This FREE workshop is suitable for all abilities and offers the chance to learn a new skill while enjoying feelings of pride, accomplishment, focus and relaxation. Often described as 'yoga for the brain', Zentangle art can help reduce stress and anxiety, quieten the mind and support focus, concentration and better sleep.

Wednesday 14th January from 10:30am - 12:30pm
The 3 Strand Café, Longcauseway Church,
Dewsbury WF13 1NH

Suitable for ages 18+ only. Booking is essential.
Please email us at: contact@s2r.org.uk to book your place.
For more information, please contact Cathy Deihim (Wellness Worker)
by emailing: cathy@s2r.org.uk or calling: 07729 262 741

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