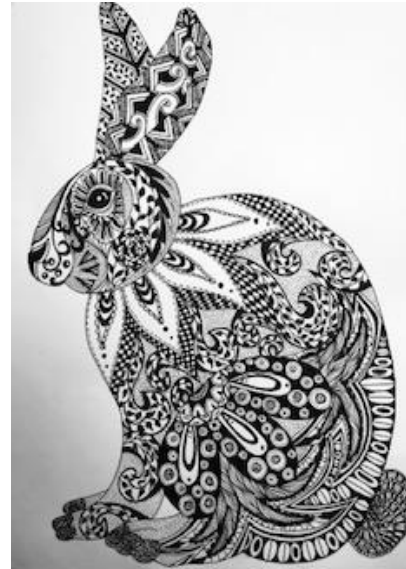


Saturday 11 September Lisa Howes

Zentangle Drawing for Stitch



To start the Autumn Programme we have a practical session with a difference. Lisa Howes will introduce the art of 'Zentangling' and help us design a Zentangle bird that can be stitched at home. **Requirements: just bring a black fineliner or black felt tip pen.**

Many of you will know Lisa already, but for those who don't here is a brief resumé:

Lisa has an art degree and worked in education for 23 years in primary schools. Now she is self-employed and runs Art Stop, an art school for all ages with an emphasis on fun, learning and promoting the mental benefits of art and creativity. As well as classes at her studio she holds community events, works in special schools, community centres, care homes, and with the Museum of Enfield at the Dugdale Centre.

Check out Art Stop at

<https://www.art-stop.co.uk/> and <https://www.instagram.com/artstop55/>