

Zentangle and Quilting

"Zentangle is an easy to learn, relaxing, and fun way to create beautiful images by drawing structured patterns."

The Book of Zentangle by Rick Roberts and Maria Thomas
founders of Zentangle

Zentangle in its simplest form is a miniature piece of unplanned abstract art created from structured patterns on a square paper tile. This art form is very relatable to quilting since we use patterns in blocks, fabric, and quilting. Here are examples of how to use Zentangle in quilting.

Books

- * Zen Quilting workbook by Pat Ferguson CZT
- * Tangled Stitches for Quilters and Fabric Artists: Relax, Meditate, and Create with Rhythmic Stitches by Jane Monk
- * First Time Tangle Quilting: Step-by-Step Basics Plus 4 Projects by Jane Monk
- * Zentangle Fabric Arts: Fabric Arts, Quilting and Embroidery by Suzanne McNeill CZT
- * Zen-sational Stitches for Quilting: Inspired by Zentangle (R) (Design Originals) by Suzanne McNeill CZT

On line Videos

- * The Quilting Company - Make a Quilted Zentangle Card with Nancy Smith
- * The Quilting Company - Make a Quilted Zentangle Pillow with Nancy Smith
- * National Quilter's Circle - Using Zentangle Patterns in Your Quilt Designs
- * YouTube Zentangle Quilting by Machine with Suzanne McNeill CZT
www.youtube.com/watch?v=6LBgX2aTuX8
- * YouTube Suzanne McNeill Zentangles with Suzanne McNeill CZT
www.youtube.com/watch?v=yzBLfBBmMRO
- * YouTube Zen-sational Stitches with Suzanne McNeill CZT
www.youtube.com/watch?v=p7PXJolgDVs
- * You Tube Zentangle® for Fabric and Quilts with Suzanne McNeill CZT
www.youtube.com/watch?v=l4fYk3RDdoY
- * YouTube Zentangle - Continuous Line Drawing for Fabric with Suzanne McNeill CZT
www.youtube.com/watch?v=B_OBt3Mfxn4
- * YouTube Zentangle with Linda Matteotti
www.youtube.com/watch?v=nz--sueBdXI
- * YouTube Zentangle Adapted Quilting, #1, Part one with Nysha Oren Nelson
www.youtube.com/watch?v=stPwV4EW1Lo
- * YouTube Free Motion Quilting: Zentangle Design with Rulerwork with Amy Johnson
www.youtube.com/watch?v=yy_WrBWumgU

And on and on and on

