

# ZEN DOODLE WORKSHOP



**THE BEST WAY TO  
DE-STRESS &  
REJUVENATE YOUR  
TEAM**




**By Nancy Mehta**


Creativity-True Power Of Limitless Mind

# Power of Zen Doodling?



 Activates Cerebral Brain - innovation hub of our mind.

 Elevates Mind-Body Balance - improves calmness, patience and focus.

 Stress Buster - refreshes mind by debugging unwanted jargon.

 Enhances Out of Box Thinking Capability.

# WHO IS IT FOR?

- ALL WORKING PROFESSIONALS IN
  - CORPORATES,
  - HOSPITALS,
  - NGO'S,
  - EDUCATIONAL INSTITUTES,
  - PEER GROUPS & MANY MORE.
- BEST SUITED TO IMPROVES COHERENCE AND COORDINATION WITHIN ORGANIZATION.
- PERSONAL GROWTH IN TERMS OF FOCUS, CONCENTRATION AND PATIENCE.

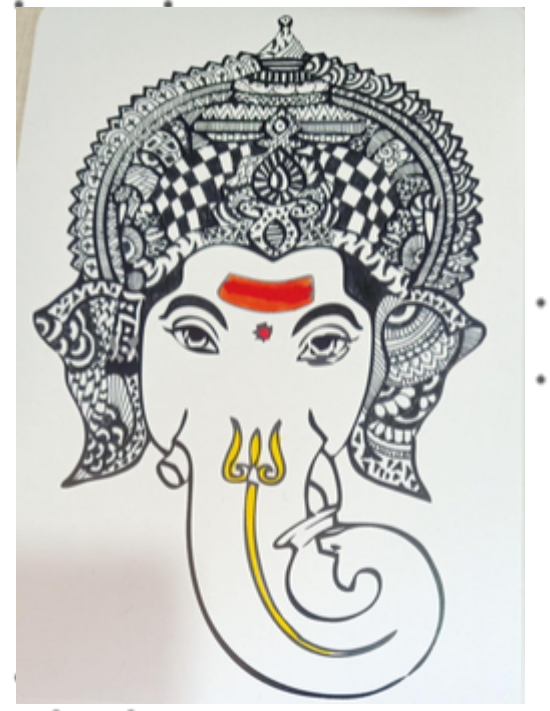
## ANY PRIOR TRAINING NEEDED ?

**None. Only a pinch of passion is recommended.**

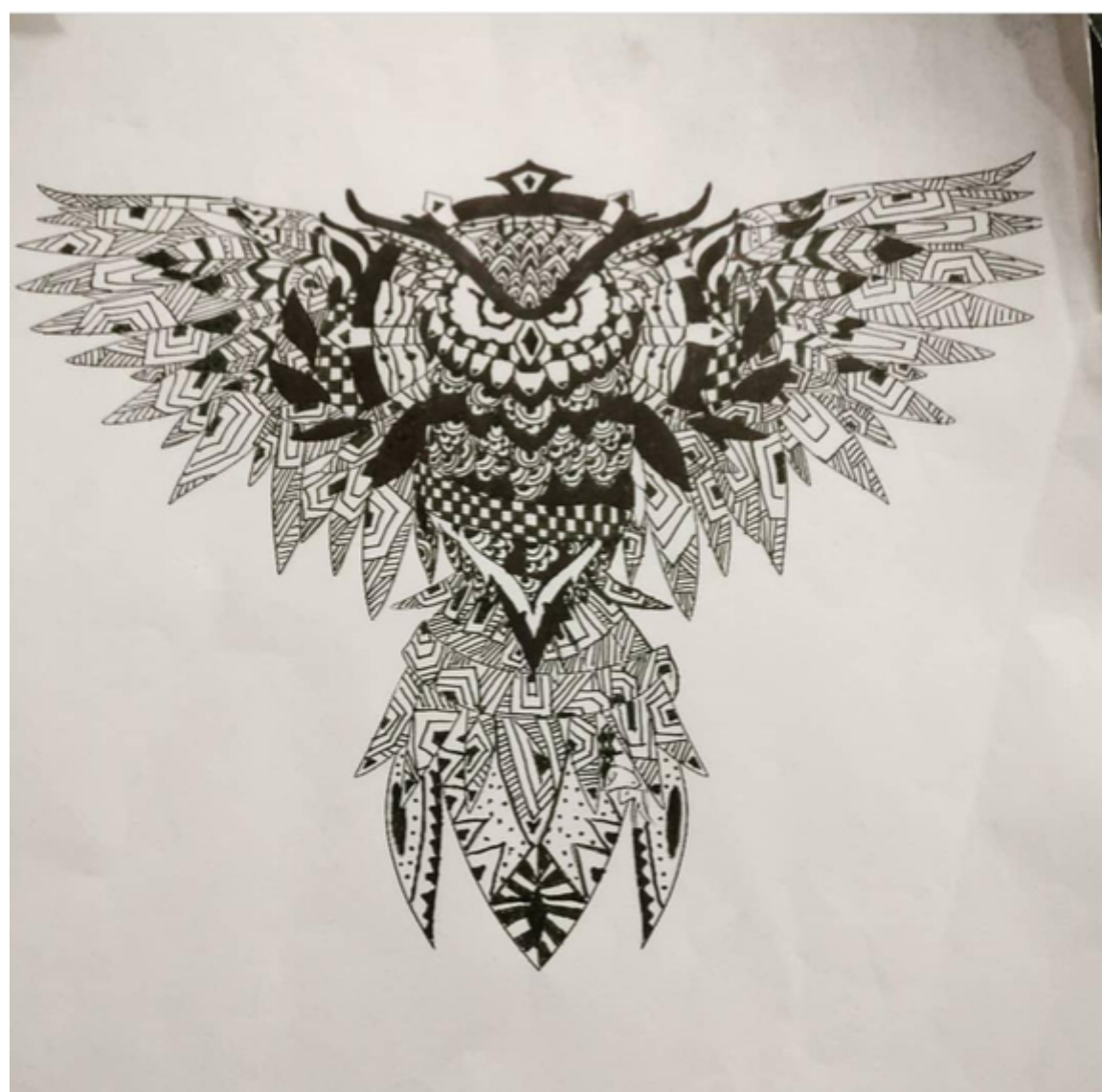
**Amazingly, all necessary items will be provided during the workshop.**



# WORKSHOP STRUCTURE



- **Type of Workshops: Personal or Group Sessions**
- **Workshops typically lasts upto 2-3 hours.**
- **Hands-on workshop - participants will learn zen doodle technique.**
- **Basic Doodle kit \* will be inclusive with the package**
- **Theme based doodling can be implemented as per requirement like Diwali or Ganesha.**



# CONTACT

For bookings & packages:



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**It's an art with  
no rules or restrictions**

