



UNIVERSITY OF SAINT JOSEPH
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FOR IMMEDIATE RELEASE

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Zen Rhythms: Day of Mindfulness Activities and Zentangle® Art Show

Saturday, March 8, 2014 from 1:00 p.m. to 5:00 p.m



WEST HARTFORD, CONN. – The University of Saint Joseph invites you to a day of artistic mediation and exploration at Zen Rhythms: A Day of Mindfulness Activities and the 2nd Annual Zentangle® Art Show on Saturday, March 8, 2014 from 1:00 p.m. to 5:00 p.m. The event will take place in the Bruyette Athenaeum on the University’s West Hartford campus at 1678 Asylum Avenue. Registration begins at 12:30 p.m.

Open to the community, the event will encourage visitors to create a Zentangle through “artistic meditation” and an “easy to learn, fun and relaxing way to create beautiful images by drawing structured patterns ... the creativity options and pattern combinations are boundless!”

In addition to Zentangle classes, activities will include drumming in Rhythms of the Heart: Connecting and Empowering People through Rhythm; walking through the mindfulness labyrinth; visiting the open tangle room; and enjoying refreshments and vendors.

Tickets are available at the door or via the Frances Driscoll Box Office: tickets.usj.edu or 860.231.5555. For more information on the event, go to www.usj.edu/zentangle.

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The University of Saint Joseph (USJ) offers a wide range of graduate, undergraduate, and certificate programs that combine a professional and liberal arts education with a focus on service. Coeducational graduate master's and doctoral degree programs are taught on the University's two campuses in West Hartford and Hartford, Connecticut; at off-campus locations throughout the state; and online. Undergraduate programs for women and for coeducational adult students take place on our beautiful suburban campus and include more than 22 majors and six pre-professional programs, each of which provides personal attention in a caring environment. Founded in 1932 by the Sisters of Mercy, the University of Saint Joseph welcomes students from diverse backgrounds and religious traditions. To learn more, visit our website at www.usj.edu.

OFFICE OF MARKETING AND COMMUNICATIONS

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