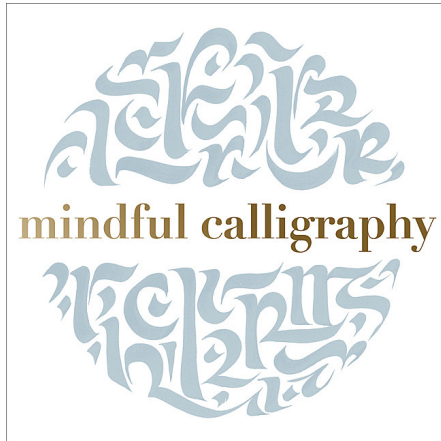


Mindful Calligraphy

Beautiful Mark Making

CALLIMANTRA COLLECTIVE



Publication	Available Now (Craft Trade Only)
Price	£12.99
ISBN	9781849945516
Format	Paperback 250 x 250 mm
Extent	160 pages
Illustrations	Black & white illustrations
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BIC CODE/S	WFO
SALES REGIONS	Craft Trade Only



Description

Mindful Calligraphy is a unique and groundbreaking book that fuses the art of calligraphy and mindfulness. Calligraphy has long been known to centre and balance mind and body – concentrating on pen strokes is a good way to tune in positively and live in the moment. And lettering and calligraphy is having a major renaissance as we look for an antidote for our digital age. Progressing from simple movements and shapes to words and phrases, this creative, step-by-step guide helps you to learn how to focus your mind, beat stress, and tune out unwelcome thinking. Tracing the letters helps you stay on the path, always progressing, always centered. Your creation, at the end, is a mini work of art. Organized in progressive and easy-to-follow exercises, *Mindful Calligraphy* is the perfect guide on this journey towards tranquility and calligraphic beauty.

About the Author

Callimantra was founded as a collective and a discipline in Berlin in 2018. The collective's diverse members have backgrounds in different fields: calligrapher, poet, graphic designer, publisher, painter, meditation teacher, and graffiti artist. All were brought together by a shared belief in the power of calligraphy as a technique for achieving mindfulness, insight, and peace. Through workshops, meetings, exhibitions and publications, the Callimantra collective has spread their message throughout Europe, and a Callimantra school is to be founded in Berlin in 2019.

ADVANCE INFORMATION