



Sumitro Wong Chung-yin (at the board) of Hong Kong's Inner Guides Co., conducts a "Zentangle" workshop at the Macpro Gallery in Nam Wan on Saturday. Over 20 people attended the workshop, which Anita Ao Lai I of Macpro Gallery said, "Was amazing. I really didn't expect so many people to turn up." Wong's wife Bhakta Ng Wing-yan added, "We did a workshop in Macau for healing last year and very few people turned up, so I am really surprised and happy with the number here today."

"Zentangle" is about relieving stress through art that anyone can do even if they aren't artists. According to the Inner Guides website, a "tangle" refers to a pattern that has been deconstructed so that it can be recreated according to the "Zentangle Method". "Zen" is a school of Mahayana Buddhism that emphasises a rigorous meditation practice. Observers noted that the workshop appeared to do what is professed it would as the participants were totally engrossed in what they were drawing.

Photo and text: Lesley Wells