



Zen Origami: 20 Modular Forms for Meditation and Calm

Maria Sinayskaya

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Find your peace of mind through the art of paper folding!

There can be meditative aspect to many craft projects. From doodling complex patterns (Zentangles), to coloring intricate designs, to knitting geometric and elaborate designs, super-involved crafts are being embraced for peace of mind and quietude they offer. *Zen Origami* brings this trend to the popular art of origami. The repetitive and delicate folds involved in creating modular origami forms are perfect for the mindful movement. These 20 beautiful modular origami projects take time, steadiness of hand, and immersion of thought to complete, offering contemplative sessions that manifest in beautiful pieces of art. This book comes with 400 sheets of origami paper, so you can make more than a dozen modular creations.

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