



Zen Origami: 20 Modular Forms for Meditation and Calm

By Maria Sinayskaya

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There is a meditative aspect to 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 they offer.

Zen Origami brings these lessons to the 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.

You'll love diving into contemplative sessions with each project, and be feel the rewards that manifest when you craft these beautiful pieces of art. *Zen Origami* comes with 400 sheets of origami paper, so you can make more than a dozen modular creations.

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Editorial Review

About the Author

Maria Sinayskaya is a masterful origami creator and her work is both beautiful and complex. She lives in South Africa, and you can visit her popular website at goorigami.com and facebook.com/goOrigami which boasts over 10,000 followers.

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