



Lisa Carswell

Certified Zentangle® Teacher

Lisa Carswell is a dedicated educator who is currently mentoring future elementary school teachers at Stevenson University. She is also a member of her local religious community, where she actively participates in and helps launch various events and programs. With a passion for fostering serenity, spirituality and creativity, Lisa has found a unique way to combine her love for teaching and tranquility through facilitating Zentangle classes. Lisa believes that Zentangle, a meditative art form, is a wonderful tool for relaxation and self-expression. She has been practicing the Zentangle method for five years, which allows individuals of all ages to discover the joy of creating patterns and designs through very simple steps. Through this practice we learn anything is possible, one pen stroke at a time. There are no mistakes in Zentangle, only opportunities, which allows us to see the beauty and potential in every mark we make. When she's not teaching, Lisa enjoys spending time with her family, going to the beach, playing pickleball, and of course, Zentangling!

