

# ZEN GARDEN INSTRUCTIONS

- Remove the kit components from the box.
- Place the Zen container on a level surface.
- Open the bag of sand and spread it throughout the container.
- Place the figurine and stones so they become the focal point of the design.
- Use the rake to enhance the design with creative sand patterns.

Zen Rock Gardening is one of the most ancient forms of natural art using the elements to create gardens of harmoniously arranged rocks and raked sand to promote a place for peaceful meditation and oneness with nature.

The two main elements of a zen or dry landscape garden are rocks to represent mountains and sand to serve as flowing water. Separated rocks or islands represent immortal souls, longevity, and continuing health.

Ornaments add atmosphere to the garden and can be used to help give a sense of distance.

Creating a Zen Garden is a stress relieving activity bringing a sense of stillness and calm where the mind can be opened and imagination freed.

The designs and patterns you create reflect your inner feelings and can be the beginning of a lifelong adventure of seeing things in a new way.

**Enjoy & Relax**

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