

SIMPLIFY YOUR LIFE - FEEL CONNECTED - LIVE MINDFULLY - SPOIL YOURSELF



flow

"We do not remember days,
we remember moments."

CESARE PAVESE (1908-1950)



WHY WE ALL NEED 'AWAY TIME' * INTERVIEW WITH MINDFULNESS FOUNDER JON KABAT-ZINN
* THREE PAPER LOVERS ON WHY THEY LOVE PAPER SO MUCH * THE MAGIC OF ANTICIPATION
* EXTRAS: A PAPER PACKAGE & TWO TEMPLATES TO FOLD YOUR OWN ENVELOPES

122 flow

A stylized drawing of a swallow in flight, facing right, positioned above the section title.

Extra!

PAPER PACKAGE + ENVELOPE TEMPLATES

Pretty sheets of paper: big, bigger and glossy, with prints by Elizabeth Olwen. Plus two easy templates for folding envelopes.

Elizabeth Olwen is a graphic designer from Toronto, Canada. She is inspired by nature, folklore, romance and vintage fabrics. Her fascination with patterns began when, as a little girl, she was entranced by the orange floral curtains in her family's kitchen. Since then she has made hundreds of designs for patterns, usually featuring flowers in them somewhere. Her work has appeared in "Frankie" and "Uppercase" magazines, and her designs can be found at Cloud9 Fabrics, Target and Madison Park Greetings.

A small black and white portrait photo of Elizabeth Olwen, a woman with short dark hair, smiling at the camera.

A large sheet of paper featuring a dense, colorful pattern of various flowers and leaves in shades of blue, orange, and green on a light background. The top edge of the paper has a decorative border with small blue and yellow arrow-like shapes pointing upwards.

flow
Paper Package

DESIGNS BY ELIZABETH OLWEN

ELIZABETH OLWEN