

Draw your BREATH



Intent and Purpose: To connect your breath with hand movements for deep relaxation



Drawing your breath can help you mindfully connect with your body and your breathing. Choose any drawing material (such as oil pastels, pencils, markers). Bring your attention to your breath.



Begin to draw by moving your hand to the rhythm of your breathing. This could be a line that goes up with each inhale and down with each exhale, a series of circles, or just a line that meanders around the page. Do whatever feels right to you.

Next, slow down your breathing so that you are taking deep, relaxing breaths while you continue to draw. You can leave your final drawing as is or go back to develop an image by adding designs.