

# Draw Your Breath Meditation



- \* **Step 1:** Notice your breathing. Take a moment to observe your breathing. Place your pencil or chosen drawing medium on the space below. Visualize your breath as a line and represent this on the paper. Take a few minutes playing with different types of lines as you notice your breath.
- \* **Step 2:** Try altering your breathing a bit faster or a bit slower and then notice how this changes your lines on the page. Try changing the quality of the lines and notice how you could change your breath to match.
- \* **Step 3:** On the back of this page, focus on deep, slow breathing for relaxation. Again, draw lines that match your calming breaths. Try pausing while you inhale and then drawing while you exhale, leaving your pencil on the page to create a continuous line. Continue for a few minutes to let yourself relax into the calming sensations of breath, motion, and lines.

Focus on what feels right for you. While doing this exercise, reflect on how you're feeling mentally and physically. How do your lines and breath change as you shift to consciously taking deep breaths?

