

Drawing your breath can help you mindfully connect with your body and your breathing. Choose any drawing material (I like oil pastels for this, but pencils or markers work well too). Bring your attention to the feeling of 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 what feels right. Next, slow 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.