

DRAWING BREATH

Drawing Breath is an activity designed to help heighten awareness and become more open to deeply responding and critically analysing works of art. We're much more likely to become curious, to linger, to develop a deeper interest, and to feel, when we quieten our minds and increase our attention.

For each inhale, draw a line

For each exhale, draw another

Do this over and over and over again until the page is covered in a repeated accumulating pattern. It's like a map of your breath.

From a very young age I identified the act of drawing with being very present.
— Del Kathryn Barton