

# Picture Perfect Breath's

## WHAT TO DO:

- CLOSE YOUR EYES AND FOCUS YOUR ATTENTION ON YOUR BREATH.
- WITH EACH BREATH IN AND OUT, DRAW A LINE IN A DIFFERENT DIRECTION WITHOUT LIFTING YOUR PEN FROM THE PAPER.
- OPEN YOUR EYES AFTER 20 BREATHS. WHAT CAN YOU SEE WITHIN YOUR LINES?
- TRANSFORM YOUR LINES INTO SOMETHING BEAUTIFUL USING YOUR FAVOURITE COLOURED PENS OR PAINTS!