



DRAWING BREATH by Tania



## **We all breath**

## **We all leave a mark**

This is a simple drawing and breathing exercise for you to try.  
No drawing experience is necessary. No meditation experience is necessary.  
Just be open to what happens with this experiment. There is no wrong way to do this. Don't judge, just make the time and space for yourself to try this.

### **You will need:**

A piece of paper – could be anything  
Something to make a mark with – pen, pencil, biro, could be anything  
Time. A moment where you make space and time to do this

Allow yourself ten minutes. Sit comfortably in front of your piece of paper.  
Feel the chair or floor hold you. Allow yourself to settle, your shoulders to drop, your feet feel the floor. Relax your face and jaw. Perhaps close your eyes.

Take a breath, a conscious breath where you are aware of the air coming into your body and out of your body.

Take three breaths in through your nose, and breath out through your mouth.  
Let things go with you out breath.  
If thoughts come don't worry, just let them come and go.

Take up you pen/pencil and allow you hand to follow the rhythm of your breathing.  
Mark a mark, backwards and forwards, or in circles, or whatever seems right to you, following the movement and flow of your breath.

Do this for ten minutes.  
Thoughts will come, just let them, observe them, and let them pass through you.  
Be present.

Your mark is an extension of your presence.

Try this again tomorrow. And the next day. And the next.

*Tania Kovats is an artist and educator. In 2021, with Anita Taylor and Chloe Briggs she made Drawing Correspondence - a series of Online Programs to connect and empower people through drawing. @drawingcorrespondence.org*

**DRAWING IS FREE**

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