

# MOON JOURNEY

Draw up on the pink dotted lines in time with your in-breath, and down along the blue dotted lines in time with your out-breath.

Before beginning each of the simple drawings, place your pencil inside the starting circle and observe one natural breath cycle (in and out).

This will allow you to get a sense of the speed and rhythm of your breath – like watching an escalator before you step on.

**The movement of your pencil should always be set by your breath... never the other way around!**

## 1. TAKE-OFF

Place your pencil in the starting circle and 'launch' this rocket with the natural speed of your inhalation. Notice how the air filling your lungs naturally opens and elevates your posture.

## 2. LANDING

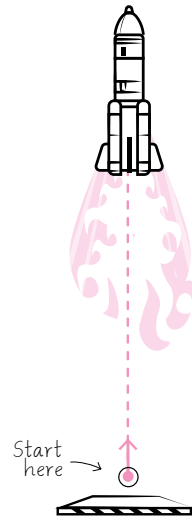
As you slowly 'land' this pod on the moon in time with your exhalation, see if you can feel your shoulders and arms gently resting into gravity with the movement of the breath. Every exhalation holds a wealth of inherently rewarding, relaxing sensations if we only notice them.

## 3. ORBIT

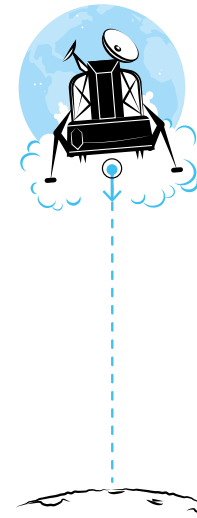
Place your pencil in the starting dot and, without moving it, watch one breath cycle – see if you can notice the subtle pause after your out-breath. Then, follow your body's natural urge to inhale and begin to draw the orbit of the moon. Notice any organic, expansive sensations in your abdomen – the breath is a natural cyclic pattern – just like the orbit of the planets.

## 4. EXPLORATION

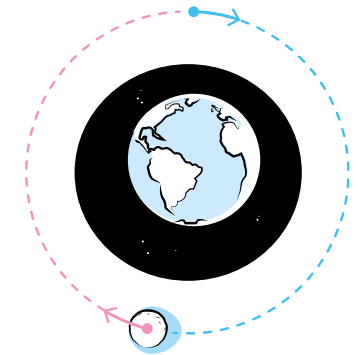
Putting together the simple techniques we've looked at so far, see if you can take this moon buggy for a leisurely trip over the rolling sands with the steady rhythm of your breath.



1. TAKE-OFF



2. LANDING



3. ORBIT



4. EXPLORATION



Go to [DrawBreath.com](https://www.drawbreath.com)  
for more free resources.

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Let go of any urge to get the image 'right' or to make your lines perfect – these exercises are more about what happens in your body and mind than what happens on the page.