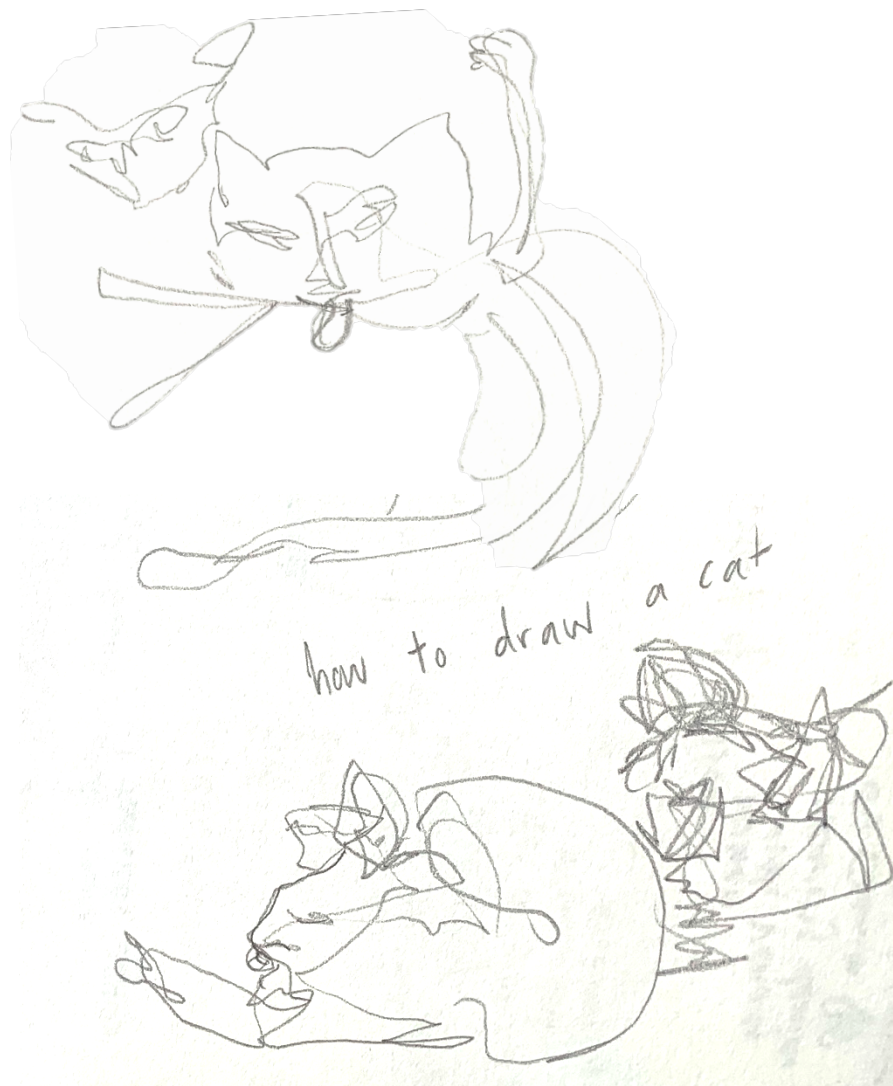


If you would like a break from sound and movement, please consider this exercise:



Option 1: tools: paper, pencil, cat or no cat. Inhale, close your eyes, exhale consider the breath. With eyes shut and pencil to paper feel, respond, think less, slow down, engage your senses for the objective of non-sense.

Option 2: tools: you, right now. Trace the lines on your screen, with your eyes or your finger or both.

Option 3: tools: paper, printer, scribbling tools of your choice. Print this page and colour it in.

OR, if you have a device that allows you could even do this digitally! WOW!

If you would like your art to be uploaded in to the website please email it to jgal341@aucklanduni.ac.nz