

# Dynamic Shape Drawing

## Anthroposophic Art Therapy

You are going to be introduced to three basic DSD practices for slowing down and focusing yourself

Tape your piece of paper down onto the table or onto the wall. Standing at the wall makes DSD more sensual as you can move your arm more freely. Take good paper quality, size of paper din A3 min. Use high quality oil pastels. High quality pastels produce better sliding on the paper

Choose the simplest shape to start with and keep up your chosen practice for some days, e.g. 7 days to notice the benefit

Drawing waves with different colors: Draw horizontal curvy lines adjusting move and breath. Drawing up: breathing in, drawing down: breathing out. Change breathing direction and see what happens - can you feel the difference?

Drawing a circle: Make 5 dots on your paper: north - south - east - west and a dot in the center. Curve your line along the dots in a circle, continue breathing while drawing without resting the hand on the paper. Repeat several times. Experienced practice: drawing the circle without dots

Drawing the celtic cross: Make 5 dots on your paper: north - south - east - west and a dot in the center. Draw a looping line from the center downwards and curve around your *south*, then way back back to the center; draw a looping line to the right and curve around your *east*, then way back to the center; draw a looping line to the left and curve around your *west*, then way back to the center; draw a looping line upwards and curve around your *north*, then way back to the center. Repeat several times. Focus yourself through breathing while drawing: Inhale when drawing downwards, eastwards, westwards and upwards - exhale when curving back to the center. Try the opposite: Exhale when drawing downwards, eastwards, westwards and upwards - inhale when curving back to the center. Notice the difference of breathing directions and what it does to you (bodily, emotionally, mentally)



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