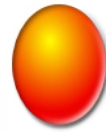
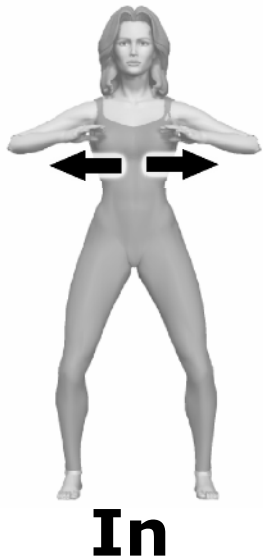


# Drawing Silk



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Feet at shoulders width, parallel

Seat dropped, knees unlocked

Pubis drawn up slightly

Waist relaxed, low back stretched gently

Shoulders dropped

Curve over shoulders, elbows, wrists

Crown drawn upwards to lengthen spine

Tongue tip touches roof of mouth

Face serene, kind smile

"Curtains drawn" - eyelids almost closed

Hands move as though a ball is

lifting them through water,

then being pushed down as you exhale.

Draw fingers apart as though pulling threads

Weight low

Rise and sink slightly with the breathing

Minimum effort - enjoy it!

Finish with hands over low abdomen

breathing quietly for a short time

Revert slowly to normal activities