

## Mindfulness Poster



**Create an oasis of tranquillity within your own four walls using images with mindfulness motifs.**  
The calming images will allow you to recharge your batteries and to leave the stress of everyday life behind you.  
Looking at the symbols can be a meditation aid for you. The images are quick and easy to draw. NAMASTE



An article by Claudia

# Step-by-step tutorial



1

Print out the motifs.

Use a soft pencil (Mars Lumograph, B5) to evenly shade the back of the template motif.

**Tip:** You can enlarge the template accordingly for paper sizes larger than A4. For larger motifs, you should only use the pigment liners with a width of 1.0 or 1.2.

2

Precisely place the template (with the front facing up) on the drafting paper. Then trace the outline and lines using a sharp pencil (HB).

This transfers the motif to the paper. Before removing the template, check the bottom corners to see if all the lines have transferred.



3

Now draw a circular colour gradient using 4 watercolour pencils (from one colour family). In our example, we have used turquoise and green tones.

To draw this circle, draw a wide band in the circle with each colour (from light to dark).



4

Blend the colours together using the brush and water.

Start with the light shade and finish with the dark shade. The colour can be well distributed by tilting the paper slightly. Let everything dry fully.



5

Now outline the circle with the pigment liner (line width 0.1).

6

Using a thicker pigment liner (e.g. line width 1.0 or 1.2), slowly trace the lines of your chosen motif. Then trace the lettering with a 1.0 line width. To finish, carefully erase all the pencil lines.



## Material overview



## What you need

Product	Article no.	Quantity
<b>STAEDTLER® 989</b> Synthetic brush - Blistercard containing 3 brushes: #2 round, #8 round, #8 flat	989-SBK3-3	1
<b>Mars® Lumograph® 100</b> Drawing pencil - Cardboard box containing 6 drawing pencils in assorted degrees, 1 eraser and 1 metal sharpener	61 100 C6	1

### Additionally required:

Copy of template, A4 watercolour paper (min. 100 g/m2)