

MEDITATIVE FOLDING



A 7-minute mindful pause
to explore rhythm, shape, and calm

why

Folding is not just creating a shape, it's slowing down, listening to your hands, and letting the mind breathe. This origami swan is simple yet meaningful. Take 7 minutes for yourself.

how

1. DOWNLOAD & PRINT

- Use the printable PDF with 6 paper squares.
- Or prepare your own blank squares — we recommend note paper like 8x8 cm

2. FOLLOW THE GUIDE

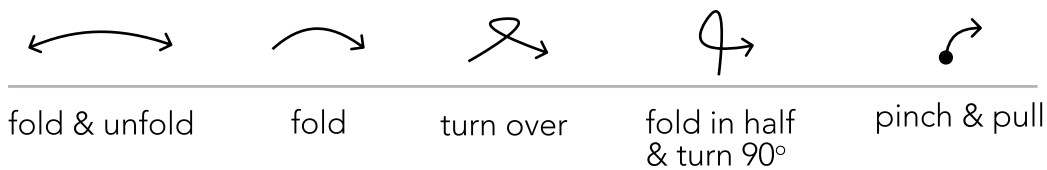
- Open the step-by-step folding instructions.
- Small notes next to each fold will guide your breathing and focus.

3. WATCH THE VIDEO

- [Click to watch how to fold the swan.](#)
- Follow along, pause when you need, and enjoy the rhythm.



folding instructions



1.

Start with a square.

Breathe in. Fold.

Breathe out. Unfold.

2.

Let each movement
guide your attention.

3.

4.

Let the form emerge,
slowly, simply.

5.

print and cut

6 paper squares

