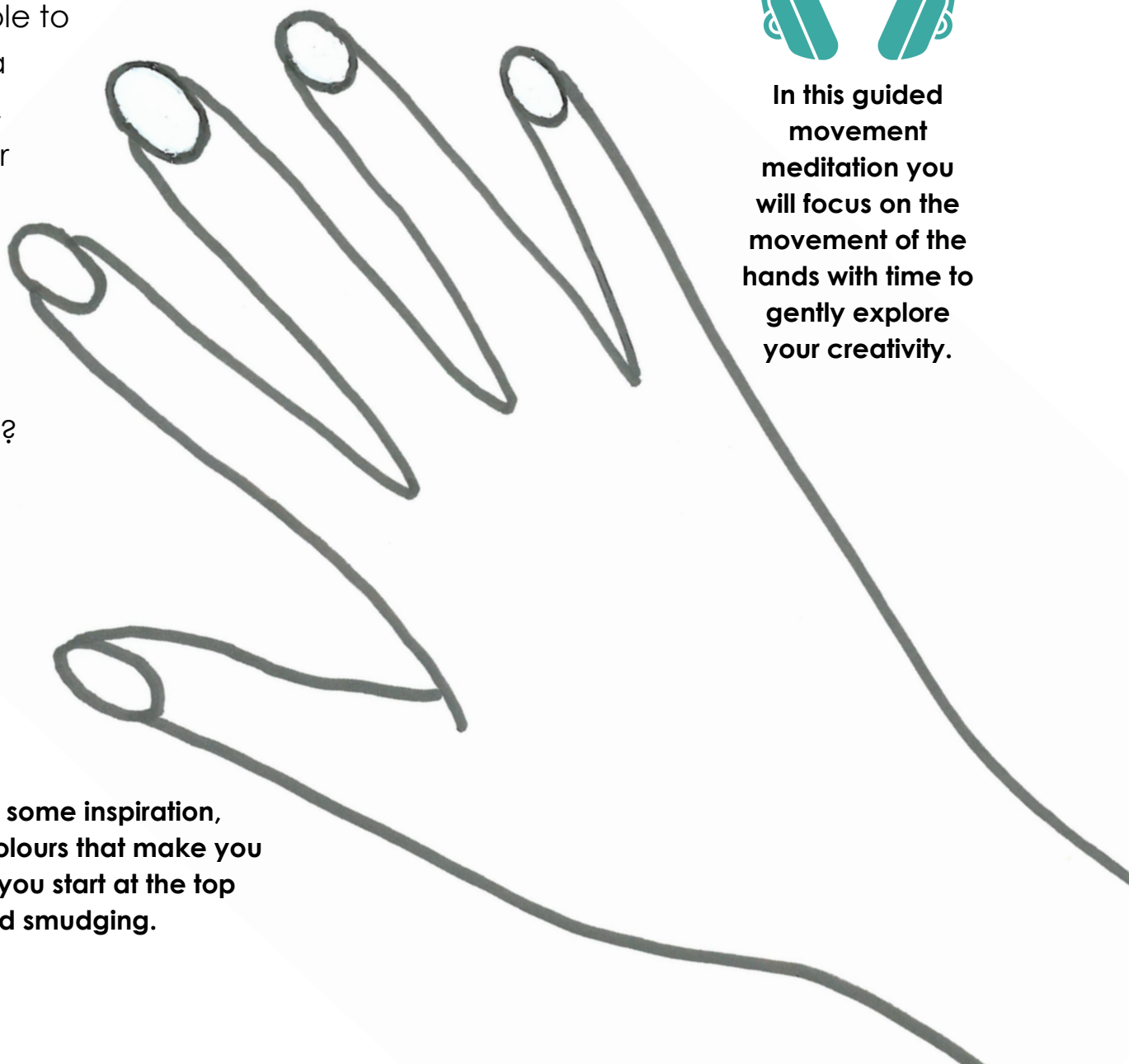


## DECORATE THIS HAND

Our hands are one of the ways we are able to connect with others through touch; with a handshake or a caress, we can say, hello, thank you or I love you. Or we can use our hands to say, stop or go away, I don't want it. Mehndi or the art of Henna has been practised across Pakistan, India, Africa, and the Middle East for over 5,000 years. Why not celebrate your hands and paint beautiful patterns on the hand here?



**This hand is to give you some inspiration, choose patterns and colours that make you feel good. We suggest you start at the top and work down to avoid smudging.**



**In this guided movement meditation you will focus on the movement of the hands with time to gently explore your creativity.**