

## *Breathing space*

Koh J.T. Karen

### **Artist statement**

Amidst the pandemic, the three pieces of work were created over one year. In my quiet moments with creating, stitching and feeling, the creative process is a reminder for myself to intentionally allow and create spaces to pause, reflect and (re)orient.

### *Breathing space*

Life happens

Practice gently

Movements and stillness

I am breathing

In and out

I am well



Koh J.T. Karen, *Breathing space*, 2021, embroidered photographic prints, 102 × 152mm.

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