



Arts / Movement

Music, dance and have been key components of spiritual/religious rituals and practice across traditions. See the following examples of music, dance and art as forms of prayer:

- **Art:** Art Journaling as Spiritual Practice
- **Music:** Buddhist chanting
- **Dance:** Native American healing dance, "Our Father" liturgical dance
- **Walking in Nature**

Please feel free to print this practice page and color the mandala coloring pages that are below.





