

Suggested Movement Music for the Mandala From Ellen Booth Church

Buddha Family

- Encumbered Pattern: “Coming Home” - Coming Home (Yungchen Lhamo)
- Wisdom Pattern: “Mandala Offering” -Sewa (Chöying Drolma& Steve Tibbets)

Vajra Family

- Encumbered Pattern: “Waves” - Waves (Gabrielle Roth and The Mirrors)
- Wisdom Pattern: “Water” - The Five Elements (DevaProject)

Ratna Family

- Encumbered Pattern: “Tree Worlds” - Rhythms of the Infinite (John De Kadt)
- Wisdom Pattern: “Earth Angel” - - The Five Elements (DevaProject)

Padma Family

- Encumbered Pattern: “Midnight Raga” Rhythms of the Infinite (John De Kadt)
- Wisdom Pattern: “Fire” - The Five Elements (DevaProject)

Karma Family

- Encumbered Pattern: “Speaking in Tongues” -The Zen Kiss (Sheila Chandra)
- Wisdom Pattern: “Metal” - The Five Elements (DevaProject)