



# **The Painting Path: Embodying Spiritual Discovery through Yoga, Brush and Color**

*Linda Novick*

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# The Painting Path: Embodying Spiritual Discovery through Yoga, Brush and Color

*Linda Novick*

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Professional artist and beloved teacher Linda Novick leads you on an exploration of the divine connection you can experience through art. Each chapter includes a simple yoga-inspired breathing and stretching exercise to focus your mind and refresh your body, along with an original art project that helps you explore a theme essential to both your creativity and your spirituality. Whether you're a painting novice or an accomplished artist, no matter your faith and background, this engaging book has a place for you.

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