



51 Pine Street, Atlantic Beach, FL 32233 - 904-742-4582 - www.oceanyoga.biz

CHANTING FROM THE HEART

KIRTAN

*Led by Bhaktiananda and accompanied
by The Sounds of Mukti Band*

FRIDAY, FEBRUARY 12, 2010

7:00 to 8:30 p.m.



Yoga has many forms and includes Kirtan, a form of devotional chanting. This call-response form of chanting is a type of Yoga which has a calming effect on the mind as you sing from your heart. Raise your voice, clap your hands for a joyous evening with your Yoga Community.

No experience is necessary. Please bring a friend and a cushion. For more information: Call 904-742-4582 or email yogakate@bellsouth.net.

\$10 DONATION SUGGESTED FOR MUSICIANS

"Kirtan is for all people. There are no experts, no beginners. The practice itself is the teacher, guiding us to ourselves. Kirtan allows us to enter into a mystery world—a world where all the logic of our minds, and all of the conditioning are left aside. With Kirtan, we create a temple inside the altar of our hearts, a place of refuge, a place of love, and a place of just being." -Jai Uttal

