



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

CHANTING with LIVE MUSIC

A KIRTAN

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



FRIDAY, MARCH 12, 2010

7:00 to 8:30 p.m.

\$10.00

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.

"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

