

# Cultivating Bliss: Kirtan, Candle Light & Crystal Singing Bowls

## With Char Pias



**at Seaside Yoga Sanctuary**  
**Saturday Evenings, 7:00-9:00pm**

"Kirtan is a joyful way to reconnect to the core of our Being, to our heart, and to our connection with each other."

One of the oldest sacred music traditions of the world, the kirtan call-and-response chanting genre comes to us from India. It developed centuries ago as a spiritual practice and was known as a way to connect with the Divine.

Singing is the heart of kirtan and no one cares what you sound like. Everyone is part of creating the experience as all voices merge together to become One Voice.

Char will guide participants through a short warm up of movement and sound exercises before we embark on the Kirtan experience. The chants are relatively simple and handouts of the words will be available. The evening will close with a guided meditation while listening to the crystal singing bowls.

Sliding scale: \$10 - \$20

Bring your mat, a floor pillow for sitting and a blanket.



**November 17    Dec 21 (Winter Solstice)**

**Jan 5    Feb 16    March 9**



