

SOURCE YOGA

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sourceyoga

health • vitality • joy

NEW AT SOURCE YOGA:

health - vitality - joy



Kirtan

With Jeannine Maxwell and friends

Meditation doesn't come easily for many people. And that's where Kirtan - an ancient participatory music experience - offers another method. Using simple, repetitive songs and chants, Kirtan can carry us effortlessly to a place of quiet. By Donation.*
No singing experience necessary.

Our first Kirtan will be Friday March 13th at 7:00PM.

*Every time we raise \$99, we will fund a 2 month membership for a new student who needs it. Nominate someone you know!

Dates: 2nd Friday each month
Time: 7-8pm
Cost: Donation (suggested \$5) for the Source Yoga Scholarship Fund*