

13 HANDS

DECEMBER

SATURDAY 12/3

BRAIN INJURY ASSOCIATION OF NJ

13 HANDS – CONCERT /Holiday Party

Morristown, NJ

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SUNDAY 12/4/11

PRIVATE SOUND HEALING/ HEALTHY LIVING PRESENTATION

Flemington, NJ

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FRIDAY, 12/9/11

13 HANDS – CONCERT /KIRTAN -- HOLIDAY CELEBRATION

BRAHMA YOGA CENTER

\$25 Pre-reg / \$30 day of

Kids under 10 FREE

7 pm -- ??

SEA BRIGHT, NJ

<http://brahmayoga.com>

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SATURDAY, 12/10/11

DALIEN, aka 13 HANDS -- Restorative Yoga and Sound Meditation Workshop

YOGA SUITE/ABOUT YOU CHIROPRACTIC

2 -4:30 pm

\$40 Pre-reg / \$45 day of

ABERDEEN, NJ

<http://yogasuite.net>

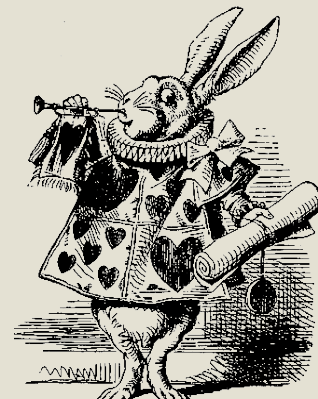
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SUNDAY, 12/11/11

DALIEN, aka 13 HANDS

SOUND MEDITATION/SAVASANA

FOR MORNING YOGA CLASS

DIG YOGA -- WINTER YOGAFEST RETREAT 12-9 to 12/11

Amy Impoliti, Douglas Brooks, Sue Elkind, and Naime Jezzeny

LAMBERTVILLE, NJ

<http://digyoga.com>

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FRIDAY, 12/16/11

YOGA AND SOUND MEDITATION

7:45 – 9:15 pm

MINI-WORKSHOP

ONYX MIND BODY

REGULAR CLASS PLUS \$10

WARREN, NJ

<http://onyxmindbody.com>

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SATURDAY, 12/17/11

DALIEN, aka 13 HANDS

Concert, Kirtan, Sound Meditation and Winter Solstice Celebration

NOT TO BE MISSED!!!!!!

4- 7 pm

\$35

HIGHLAND YOGA

BUTLER, NJ

<http://highlandyoga.com>

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JANUARY 7th & 8th

CRYSTAL BOWL MEDITATION TRAINING

STARSEED YOGA CENTER

MONTCLAIR, NJ

PRE-REG TO 12/10/11 -- \$200

PRE-REG 12/11/11 TO 1/6/12 -- \$225

WEEKEND OF -- \$250

DOWNLOAD THE PDF FOR INFORMATION

“I loved the class! I had an awesome time spending the weekend with people who find positive in every life experience. I felt so peaceful. The bowl ceremony helped me see what areas in my life need work. I had a

break through! Thank you for that. Also, thank you for sharing your knowledge of sound therapy with us. I look forward to your sacred flute and drumming workshops.”

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“Daniel’s Crystal Bowl Training weekend was a truly amazing experience! Daniel’s knowledge of the chakras and how the crystal bowl vibrations affect and balance the energies was beyond informative; he has a down-to-earth way of explaining and talking about the chakra system that I kept having these “Ah-ha” moments where my understanding of how and what the sound vibrations balance just kept becoming more and more clear to me. As a therapist I feel I now have a powerful and beautiful tool in my toolbox to help my clients balance any blocks they may have by using the healing vibrations of the crystal bowls. And Daniel’s instruction and guidance in how to play the bowls is so loving and effortless that you feel as if you’ve been playing them for years; he makes it feel so easy and fun!

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“The workshop went beyond just crystal bowl training since you presented a compassionate way of offering sound vibration for healing which I find is so much more important than treating the bowls as just a performance tool. Thanks to your manual, now I have a reference to technical information. I feel that the most I got out of the class is confidence in offering healing sound vibration using the crystal bowls to people. I felt very comfortable with your training and received some valuable intuitive guidance about myself from the chakra exploration.”

COMING SOON IN JANUARY....

FREEHOLD YOGA, NJ 1/14/12

JAI YOGA ARTS, BROOKLYN , NY 1/15/11

SPECIAL MIDNIGHT YOGA AND SOUND MEDITATION CLASS IN NYC!!!!

YOGA SYNTHESIS, RAMSEY, NJ TBA

LOTS MORE FINALIZING

CHECK YOUR EMAILS SOON!!!!

13 HANDS HOLIDAY GREETING VIDEO CARD

PERFORMANCE OF “SILENT NIGHT”



and the **AMAZING**
SEAN CONNERY KIRTAN



**CONTINUED THANKS FOR THE PEPPER MARY VIDEO FORWARDING SUPPORT...
KEEP IT UP....IT'S MAKING ITS WAY.....LOTS MORE SHARING TO DO....
Send an occasional reminder....gratitude beyond gratitude to you for your local
support...**

BIG STUFF COMING :))))

CUT AND PASTE STARTING BELOW...



photo © 2011 Bill Bernstein

Picture is optional,
add a personal message from you and how you know me,
Add any thoughts on the video.....etc....

Then include below...

HAVE YOU HEARD?

THE NEW SINGLE PEPPER MARY BY GRAMMY NOMINEE 13 HANDS

**NOTE: LISTEN ON A COMPUTER WITH STEREO SPEAKERS, NOT AN IPHONE OR
MOBILE DEVICE. SPREAD THE WORD TO THE WORLD!**

13 HANDS - Pepper Mary

<http://www.youtube.com/watch?v=1c-TWtqo4FA>

“OCCUPY PEPPER MARY”

*“I really needed to meet Pepper Mary today! Thanks for sharing this oddity
of sweetness.”*

- Amy Weintraub, BEST SELLING AUTHOR, YOGA FOR DEPRESSION

-----**END CUT AND PASTE HERE...**