

# 13 HANDS

## JANUARY 2012

**JANUARY 7th & 8th 2012**

**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](#)**



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"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."

**SATURDAY Jan 14th 2012**

**Freehold Yoga Center**

Third Chakra Integration

Third chakra power poses, mantra work and live drumming + sound meditation

2 – 4:30 pm

Freehold, NJ

<http://freeholdyogacenter.com>

**SUNDAY Jan 15th 2012**

**Jai Yoga Arts**

Yoga and Sound Meditation

Yoga asana and chakra alignment philosophy that will culminate

In one of the most blissful and relaxing 30 minute savasana's ever

3- 5 pm

Brooklyn, NY

<http://jaiyogaarts.com>

**FRIDAY, JAN 20th 2012**

**Onyx Mind Body**

Yoga and Sound Meditation Mini-Workshop

Yoga asana and chakra alignment philosophy that will culminate

In one of the most blissful and relaxing 45 minute savasana's ever

7:45 – 9:15 pm

Warren, NJ

<http://onyxmindbody.com>

## **SATURDAY, JAN 28th 2012**

### **Brahma Yoga Spa**

Fourth Chakra Integration

HEART chakra poses, mantra work + sound meditation

2 – 4pm

Sea Bright, NJ

<http://brahmayoga.com>

## **SUNDAY, January 29th 2012**

### **Breathing Room Center**

Yoga and Sound Meditation

Yoga asana and chakra alignment philosophy that will culminate

In one of the most blissful and relaxing 45 minute savasana's ever

2 – 4:30 pm

Freylinghausen Township, NJ

<http://breathingroomcenter.com>

### **COMING SOON**

FEB 12<sup>TH</sup> YOUR CENTER, CHERRY HILL, NJ

FEB 19<sup>TH</sup> KARUNA SHALA, GLEN RIDGE, NJ

FEB 22<sup>ND</sup> KRIPALU, LENOX, MA

FEB. 24<sup>TH</sup> 13 HANDS WITH ROBERT GORDEN (ROCKABILLY LEGEND) OUTPOST IN THE BURBS

MARCH 17<sup>TH</sup> BIG CONCERT, DIG YOGA, LAMBERTVILLE, NJ

**MORE FINALIZNG.....**

### **13 HANDS YOGA RETREAT – 1ST OF ITS KIND EVER!!!**

A 400 acre sprawling paradise in upstate NY.

Mountain climbing, hiking, natural lake, horse back riding,

Yoga, sound meditation, fire pit healing ceremony, CONCERT!...

DRUMMING!!!!

.....details coming...for JUNE/JULY ish

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**13 HANDS YouTube**

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CONTINUED THANKS FOR THE PEPPER MARY VIDEO FORWARDING SUPPORT...  
KEEP IT UP....DON'T STOP....IT'S MAKING ITS WAY.....LOTS MORE SHARING TO DO....  
Send an occasional reminder....gratitude beyond gratitude to you for your local  
support...

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**CUT AND PASTE STARTING BELOW...**  
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## 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 PEPPER AROUND!

## 13 HANDS - Pepper Mary

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

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