

13 HANDS

February 2012

SHARE THE LOVE!

Love The Way I Feel (When I'm With You)

Grammy nominee, independent artist.....

13 HANDS – Love The Way I Feel (When I'm With You)

Song and video streaming via YouTube

http://www.youtube.com/watch?v=cidTqRQV6_o

*“So nice to hear music and see
images on the loving side of humanity!”*



© 2011 Bill Bernstein

Get on the love train

Forward to the people you love and so on, and so on.....

SUNDAY, Feb 5th

PRIVATE YOGA, SOUND HEALING AND
DRUMMING WORKSHOP

SATURDAY Feb 11th

Your Center

Yoga asana and chakra alignment philosophy that will culminate

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

2 – 4pm

Cherry Hill, NJ

<http://www.facebook.com/pages/Your-Center-LLC/190554960972937>

FRIDAY Feb 17th 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>

SUNDAY, Feb 19th 2012

Karuna Shala

4 O'clock Crystal Bowl Meditation

Yoga asana and chakra alignment philosophy that will culminate

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

4 – 5:30 pm

Glen Ridge, NJ

<http://karunashala.org>

WEDNESDAY, Feb 22nd 2012

KRIPALU

13 HANDS Concert/Kirtan

7:30 – 9pm

Lenox, Mass

<http://kripalu.org>

FRIDAY, Feb 24th 2012

Outpost in the Burbs

13 HANDS Opens for Rockabilly legend Robert Gordon

7:30 pm

Montclair, NJ

<http://outpostintheburbs.org>

COMING SOON –

THURSDAY, MARCH 8th 2012

13 HANDS Full Moon Yoga, Sound Meditation and Concert

NYC

Wix Lounge

Registration info coming soon!

MARCH 17TH BIG 13 HANDS CONCERT, DIG YOGA, LAMBERTVILLE, NJ

MARCH 25th 13 HANDS COMMUNITY CONCERT/POTLUCK - IGNITE YOGA CENTER, LIVINGSTON, NJ

APRIL

13 HANDS SPRING YOGAFEST / CONCERT EVENTS

WIDENER UNIVERISTY, PA

UNIVERSITY OF DELAWARE

13 HANDS CONCERT AT INSTITUTE FOR SPIRITUAL DEVELOPMENT – TBD

MAY

KRIPALU

CRYSTAL BOWL MEDITATION TRAINING,

STARSEED YOGA CENTER
COMING IN MAY 2012
INTERESTED? - EMAIL 13HANDS1@NAC.NET

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

check back for updates and new dates....always booking, always sharing,
always caring

SEE THE AMAZING SEAN CONNERY KIRTAN

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new videos hit YOUTUBE...**

it's easy!

13 HANDS YouTube

Click the subscribe button...that's it!!!!





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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...**

CUT AND PASTE STARTING 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 PEPPER AROUND!**

13 HANDS - Pepper Mary

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

END CUT AND PASTE HERE...