

# 13 HANDS

**APRIL / MAY 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](http://www.youtube.com/watch?v=cidTqRQV6_o)



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## **MONDAY, APRIL 2<sup>nd</sup> 2012**

Yoga and Wellness presentation

Seton Hall University

South Orange, NJ

11 am

## **THURS/FRI April 5<sup>th</sup> and 6<sup>th</sup> 2012**

### **The Yoga Center of Medford W/ Alaine Portner**

Thursday evening Yoga & Sound Meditation

Friday morning Yoga with Alaine

Dalien accompanies with various sound

Thurs 7:30 – 9 pm - workshop

Friday morning Good Friday class – 9:15 am

<http://yogacenterofmedford.com>

## **See, Hear and Feel a sample of Sound Meditation**

[http://www.youtube.com/embed/zLbk9\\_LirgY](http://www.youtube.com/embed/zLbk9_LirgY)

## **EARTH DAY WEEKEND EVENTS!**

### **FRIDAY, APRIL 20<sup>th</sup> 2012**

Sound healing and 13 HANDS concert

To celebrate Earth Day weekend!

Friday, April 20th 2012

Freehold Yoga Center, Freehold, NJ

7:30 pm doors open

\$25

<http://freeholdyoga.com>

**SATURDAY, APRIL 21<sup>st</sup> 2012**

**Raji Thron and 13 HANDS**

BLISSFUL YOGA, BEAUTIFUL MUSIC AND COMMUNITY

**Yoga Synthesis, Ramsey, NJ**

**3 – 6 pm**

**\$45 pre-reg, \$50 day of**

Raji teaches, Dalien composes ambient soundtrack for the practice

Extra long sound meditation savasana and 13 HANDS concert to close!

<http://yogasyntesis.com>

**SUNDAY, APRIL 22<sup>nd</sup> 2012**

**13 HANDS accompaniment**

for Bikram of Westfield, NJ

8 am and 10 am classes

<http://bikramyogawestfield.com>

**SUNDAY, APRIL 22<sup>nd</sup> AFTERNOON**

**13 HANDS EARTH DAY COMMUNITY, WORLD CHANT**

**AND SONG TRIBAL CONCERT**

2 pm – 3:30 pm – after Sunday service

**Institute for Spiritual Development**

\$25

15 Sparta Ave, Sparta, NJ 07871

<http://isd-dc.org>

**FRIDAY APRIL 27<sup>th</sup> 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, APRIL 28<sup>th</sup> 2012**

**Presentation for National Guard Conference / USAF**

PTSD, Stress Management Presentation for National conference  
Atlantic City, NJ

**WEDNESDAY, MAY 2<sup>nd</sup> 2012**

**13 HANDS - WORLD CHANT / COMMUNITY CONCERT & SONG**

KRIPALU

LENOX, MA

<http://kripalu.org>

**SATURDAY, MAY 5<sup>TH</sup> 2012**

**SUNDARI YOGA**

Yoga and Sound Meditation workshop

Yoga asana and chakra alignment philosophy that will culminate

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

\$30 Pre-reg, \$ 35 day of

2 – 4 pm

Stroudsburg, PA

<http://sundariyoga.com>

**SUNDAY, MAY 6<sup>th</sup> 2012**

**13 HANDS Full Moon Yoga Event**

**JAI YOGA ARTS**

**3 – 5 pm**

Pre-reg \$25

Day of \$30

47 Thames Street,

Bushwick, NY 11237

<http://jaiyogaarts.com>

***mother's day weekend festivities***

**FRIDAY, MAY 11<sup>th</sup> 2012**

**A FAMILY AFFAIR KIRTAN!**

W/ SHERYL EDSALL, PENNI FEINER AND 13 HANDS

7:30 doors open – event 8 pm

\$25

Glen Rock, NJ

<http://naturallyyoga.com>

**BRING A DRUM! BRING MOM!**

**SATURDAY, MAY 12<sup>th</sup> 2012**

**13 HANDS - YOGA & SOUND MEDITATION**

**Celebrate Mother's Day Weekend**

**BREATHING ROOM YOGA CENTER**

2 – 4 pm

Pre-reg \$35

Day of \$40

Freylinghausen, NJ

<http://breathingroomcenter.com>

**SUNDAY, MAY 13<sup>th</sup> 2012**

**13 HANDS MUSIC PERFORMANCE**

WHOLE FOODS, MONTCLAIR, NJ

12 – 2 PM

**SATURDAY, MAY 19<sup>TH</sup> 2012**

**SUNDARI YOGA**

13 HANDS Music accompaniment for Jennifer Allen

Saturday morning yoga class

9 -10:30 am

Regular class price or class from package plus \$10

Stroudsburg, PA

<http://sundariyoga.com>

**FROGS:  
ALWAYS MOVE FORWARD  
NEVER GO BACK – BE A FROG**



# CRYSTAL BOWL MEDITATION TRAINING

SAT/SUN MAY 19<sup>TH</sup> AND 20<sup>TH</sup>

2:30 – 5:30 pm

STARSEED YOGA CENTER

MONTCLAIR, NJ

973-783-1036



INTERESTED?

EMAIL [13HANDS1@NAC.NET](mailto:13HANDS1@NAC.NET)

\$200 - Pre Reg until May 1<sup>st</sup>

\$225 - Pre Reg until May 18<sup>th</sup>

\$250 – Weekend of

Download the information packet

[http://13hands.com/wp-content/uploads/2012/03/13-HANDS-crystal-bowl-training-May-2012\\_compressed.pdf](http://13hands.com/wp-content/uploads/2012/03/13-HANDS-crystal-bowl-training-May-2012_compressed.pdf)

## 13 HANDS YOGA RETREAT – July 20<sup>th</sup> – 22<sup>nd</sup> 2012 Rippling Waters Retreat Center



## **A 400 acre sprawling paradise in upstate NY**

### **Modern amenities:**

All Rooms, Cabin and Carriage House style accommodations have either private/shared bathroom, shower, Full kitchen, 6 meals from Friday evening to Sunday Lunch and snacks, 3 morning Yoga classes (by the Lake, in the barn), Access to Hiking / Mountain Trails, Boating, Swimming, Fishing, Afternoon Sound Meditation / restorative sessions. 13 HANDS concert, Fire and Drum Ceremony, FUN SURPRISES! 400 acres of land to get lost, write, reflect, connect with Horses, walk, sit, read, relax, decompress, heal, release, find yourself again!

Incredible mountain views, land was consecrated and blessed by Buddhist monks.  
SHANGRI-LA MY FRIENDS!

### **Travel accessible via car and Bus from NYC – details coming**

Delphi, NY – approx 2 hrs. 40 minutes from Northern NJ/NY

Retreat pricing single occupancy starts at \$725 and goes up from there depending upon the type of accommodations you're interested in. Higher price premiums are charged if someone wants to book a double occupancy bedroom all to themselves within the Main House, Carriage House, Lakeside Cabin, or Barn House for a more private experience. Group rates are available as well if a group of 4-6 friends/couples/families want to go in together on the carriage house, barn apt or lakeside cabin for themselves.

Prices will include everything, all programming, events, vegetarian/vegan organic food, classes, housing. There are various housing options which we will discuss with you to find what accommodations serve you best.

### **OVERVIEW**

#### **Sleeping arrangements:**

##### **Main House** sleeps up to 6:

1 Master Queen private bedroom/antique bathtub and shower,  
2 Bed rooms w/ 2 single beds per room w/ shared bathroom  
Full Kitchen  
Sun Porch

##### **The Garden House (Carriage House)** sleeps 5-6:

1 Queen Bedroom, private  
1 Queen Living Room Couch/Fouton,  
1 Ladder Climb up Loft Space with 2 single beds.  
Shared Bathroom – shower only  
Full Kitchen  
Beautiful views of garden and awesome sunrise through kitchen area.

#### **Additional activities (not included in cost)**

Private Horseback Riding Lessons w/ Laura  
**THEY HAVE AN INDOOR RIDING ARENA!!**  
**AMAZING!!!!**

##### **Barn Apartment** sleeps up to 5

1 Queen Bedroom  
1 bedroom with 2 single beds,  
Living room area - pull out sofa bed  
Shared Bathroom – shower only  
Full Kitchen  
Inspiring view of lake from the porch

##### **Lakeside Cabin** (Rustic Living) sleeps up to 4

1 Queen Bed situated in the main living room area  
Climb up loft space sleeps another 2 people  
Full kitchen  
Quaint and earthy... walk out the front door and greet the lake each morning  
**ECO-EARTH FRIENDLY COMPOSTABLE BATHROOM!**

# **BOOKING WILL BE FIRST COME FIRST SERVE**

**Booking will start Monday April 16<sup>th</sup>, 2012**

The Main House, The Carriage House, Lake Side Cabin, The Barn House  
The retreat can hold a minimum of 15 and a max of 24.

**A Non-Refundable \$300 deposit per participant is required to hold your spot.**  
Credit Card payment via Pay Pal, Pay Pal or mail-in check deposit all will work  
**INTERESTED, QUESTIONS...**

**If you are super serious about going, then send an email ASAP...**  
**We will call back to secure your spot, go over the options, etc..**  
**You will contacted back in the order in which the emails come in.**

## **Booking process:**

We will send you a link to an online brochure so you can see and get an idea of the accommodations. We will be able to speak simultaneously on the phone about everything in real time as we book this for you. We are excited to have you on board.

EMAIL [13HANDS1@NAC.NET](mailto:13HANDS1@NAC.NET)

## **DON'T FORGET TO STOP BY AND SEE SEAN CONNERY CHANTING AND OTHER 13 HANDS VIDEO GEMS!**

**Subscribe**

**13 HANDS YouTube**

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



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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>