

13 HANDS

JULY - OCT 2011

13 HANDS Concert / Kirtan

Saturday, July 9th 2011

Brahma Yoga Center

Sea Bright, NJ

7 pm Potluck / 8 pm Concert

<http://www.brahmayoga.com>



13 HANDS Concert/Kirtan & Potluck

Saturday, July 23rd 2011

Garden State Yoga Center

Bloomfield, NJ

6:30 pm Potluck / 8 pm Concert

<http://www.gardenstateyoga.com>



13 HANDS SOUND HEALING TRAINING

CRYSTAL BOWL MEDITATION

Starseed Center of Yoga and Healing

AUGUST 6th and 7th

[DOWNLOAD THE PDF FILE](#)



13 HANDS Restorative Yoga / Sound Meditation & Concert

Friday, August 12th 2011

Yoga Suite

Aberdeen, NJ

7:30 pm

<http://www.yogasuite.com>



13 HANDS Restorative Yoga / Sound Meditation

Thursday, August 18th 2011

Breathing Room Yoga Center

7:30 – 9 pm

Freylinghausen, NJ

<http://www.breathingroomcenter.com>



13 HANDS CD RELEASE CELEBRATION / DINNER GATHERING

Thursday, Aug. 25th 2011

Trumpets Jazz Club

6 – 7:30 pm

Montclair, NJ

Get Reservations



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<http://www.trumpetsjazz.com>



KARUNA SHALA, Glen Ridge, NJ

4 O'Clock Crystal Bowl Meditation
Sunday, Aug 28th 2011

<http://www.karunashala.org>



KRIPALU, LENOX, MA

13 HANDS – CONCERT/KIRTAN
Wed. September 7th 2011

<http://www.kripalu.org>



FREEHOLD YOGA CENTER, NJ,

FRIDAY Sept 16th 2011

7:30 pm

13 HANDS CONCERT/KIRTAN – RECORD RELEASE

<http://www.freeholdyoga.com>



PATHWAYS TO SELF DISCOVERY FALL FUNDRAISER, (PTSDNJ)

FRIDAY SEPT. 23rd 2011. To help out, be a part, donate, etc.,

Contact Gita Patel: <mailto:info@ptsdnj.org>

Learn more: <http://www.ptsdnj.org> DETAILS COMING



13 HANDS CONCERT/KIRTAN

FRIDAY, SEPT 30th 2011

YOGA CENTER OF MEDFORD, NJ

7:30 pm

<http://www.yogacenterofmedford.com/>



HOT YOGA NJ/NY (formerly BEcome One Yoga and Pilates)

Jody Domerstad and 13 HANDS

Vinyasa class/Sound Meditation and Concert

Sunday, Oct 2nd 2011

5 pm

42 Park Ave, Rutherford, NJ

Enter in back – 201-842-9898



HIGHLAND YOGA, BUTLER, NJ

SAT. OCT. 8th, 2011

2 –3:30 pm

RESTORATIVE YOGA CLASS with LIVE 13 HANDS SOUND HEALING MUSIC

<http://www.highlandyoga.com>



ANANDA ASHRAM KIRTAN FEST

Oct 7th-10th 2011

Wah, Guara Vani, Shyamdas, 13 Hands, Deepak Kumar and many more!

<http://www.anandaashram.org>



13 HANDS – Yoga and Sound Meditation Workshop/concert

Sunday, October 16th 2011

2 – 4:30 pm

The Loft at Zacks, NYC (My new home in NYC!)

\$25

EMAIL to confirm and hold your spot

<mailto:13hands1@nac.net>



13 HANDS Concert & Kirtan

Saturday, Oct 22nd 2011

Brahma Yoga Spa

Sea Bright, NJ

<http://www.brahmayoga.com>

**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>