

13 HANDS

JUNE – EARLY SUMMER 2012

SHARE THE LOVE!

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

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



© 2011 Bill Bernstein

FRIDAY, JUNE 1st 2012

ONXY MIND BODY

CELEBRATION / OPEN HOUSE

Free! – Starts at 6 pm with short Yoga class, then food, hang,
Music, juices and then a

13 HANDS finale

Sound Meditation and World Chant concert

<http://www.onyxmindbody.com>

SUNDAY, JUNE 3rd 2012

LOWER CHAKRA INTEGRATION

3 – 5 PM

Lower chakras and their related yoga asanas.

Nice long sound meditation too!!!!

\$35 pre-reg, \$40 day of

Hapi Yogi

www.hapiyogi.com

SATURDAY, JUNE 9th 2012

DALIEN, aka 13 HANDS

a Bonanza of Sound, Yoga and Community

Highland Yoga, Butler, NJ

2 – 4:30 pm

\$35 pre-reg, \$40 day of

Join Dalien for some heart and root chakra opening asana, followed by his infamous, deeply relaxing and surreal sound meditation with gongs, flutes, crystal bowl, hang drum and more

<http://highlandyoga.com>

SUNDAY, JUNE 10th 2012

13 HANDS concert/drumming for Camp Trek

in association with Brain Injury Association of NJ

6:30 pm

FRIDAY JUNE 15th 2012

13 HANDS - Yoga and Sound Meditation Mini-Workshop

Onyx Mind Body

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>

THURSDAY, JUNE 21st 2012

13 HANDS accompaniment for Sue Elkind

and Summer Solstice event

6:30 – 8:30 pm

\$20 pre-reg, \$25 day of

Lambertville, NJ

<http://digyoga.com>

SATURDAY, JUNE 23rd 2012

13 HANDS accompaniment for Sheryl Edsall

Saturday morning 9:30 am class

Regular class price plus \$10 musician offering.

<http://naturallyyoga.com>

SUNDAY, JUNE 24th 2012

DALIEN, AKA 13 HANDS

YOGA AND SOUND MEDITATION WORKSHOP

SPHERICALITY, Flemington, NJ

Yoga asana and chakra alignment philosophy that will culminate

In one of the most blissful and relaxing 45 minute savasanas ever!

4 – 5:30 pm

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

<http://sphericity.com>

WEDNESDAY, JUNE 27th 2012

DALIEN, aka 13 HANDS

Heart and Throat Chakra Integration

YOGA SUITE at ABOUT YOU CHIROPRACTIC

7:30 – 9:15 pm

SPECIAL SURPRISE FINALE TO THE EVENING!!!! :))

Don't miss this!

\$35 Pre-reg / \$40 day of

<http://yogasuite.net>

COMING IN JULY

FRIDAY, JULY 13th 2012

13 HANDS – Concert, Community and World Chant

Beyond Yoga – held at MAAS building, Philadelphia, PA

<http://beyondasana.com>

YOGATHON

SAT. JULY 14th 2012

ALL DAY FUNDRAISER FOR VARIOUS CHARITIES

13 HANDS ACCOMPANIES 2 PM – 4 PM

learn about event!!!

<http://www.lookingforyoga.com/yogathon/>

SUNDAY, JULY 15th 2012

13 HANDS – Concert

for Grand Opening for Carmen's Yoga Center

Easton, PA – Details coming!

13 HANDS YOGA RETREAT – July 20th – 22nd 2012
Rippling Waters Retreat Center
Call to reserve and get your deposits in by June 15th!!!
10 SPACES LEFT!



ALL DETAILS, PRICING HERE

http://13hands.com/wp-content/uploads/2012/05/13-HANDS-SUMMER-RETREAT-2012_compressed1.pdf

WEDNESDAY, AUGUST 8th 2012

13 HANDS - WORLD CHANT / COMMUNITY CONCERT & SONG

KRIPALU

LENOX, MA

<http://kripalu.org>

CRYSTAL BOWL MEDITATION TRAINING

SAT/SUN AUGUST 25TH AND 26TH

2:30 – 5:30 pm

STARSEED YOGA CENTER

MONTCLAIR, NJ

973-783-1036



INTERESTED?

EMAIL 13HANDS1@NAC.NET

\$200 - Pre Reg until AUG 1st

\$225 - Pre Reg until AUG 24th

\$250 – Weekend of

Download the information packet

http://13hands.com/wp-content/uploads/2012/05/13-HANDS-crystal-bowl-training-Aug-2012_compressed.pdf

**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!!!!



© 2011 13 HANDS / NOMADYOGA LLC

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>