

13 HANDS

MARCH 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



© 2011 Bill Bernstein

FRIDAY, Feb 24th 2012

OUTPOST IN THE BURBS

13 HANDS Opens for Rockabilly legend Robert Gordon

7:30 pm

Montclair, NJ

<http://outpostintheburbs.org>

THURSDAY, MARCH 8th 2012

13 HANDS Full Moon Yoga, Sound Meditation and Concert

WIX LOUNGE, NYC

10 West 18th Street, 2nd Floor

NYC

6:30 - 8:30 pm

\$32.50

Advance Pre-reg/RSVP strongly suggested...limited space

– Pay Pal/Credit Card secure

<http://www.wix.com/foundationevents/fullmoonevents>

SUNDAY, MARCH 11th 2012

TREND Tea and Coffee

13 HANDS “Storyteller” intimate concert event

7 pm pm

411 Bloomfield Avenue

Montclair, NJ 07042

<http://trendcoffee.com>

\$20 – includes 2 beverages and a dessert or any combination up to \$10.

SATURDAY, MARCH 17th 2012
13 HANDS COMMUNITY, CONCERT
& ST. PATTY'S CELEBRATION!

DIG YOGA

Doors open 7:30 pm

Pre-reg \$20

Day of - \$25

Kids under 10 free

Bring a drum

204 North Union Street

Lambertville, NJ 08530

(609) 460-4222

<http://digyoga.com>

SUNDAY, MARCH 18th 2012

DALIEN, aka 13 HANDS
Yoga and Sound Meditation
(St. Patty's Day Recovery)

HAPI YOGI CENTER

2:30 – 4 PM

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

235 E. Broad St.,

Westfield, NJ 07090

(609) 460-4222

<http://hapiyogi.com>

FRIDAY MARCH 23rd 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

Regular class/package plus \$10

7:45 – 9:15 pm

Warren, NJ

<http://onyxmindbody.com>

SATURDAY, MARCH 24th 2012

DALIEN, aka 13 HANDS
Heart and Throat Chakra Integration

Specific yoga and sound techniques for opening the heart and

Personal/creative expressive centers. Sound Meditation and more!

YOGA SUITE at ABOUT YOU CHIROPRACTIC

2 - 4:30 pm

Pre-reg \$40 / Day of \$45

557 South Atlantic Avenue

Matawan, NJ 07747

<http://yogasuite.net>



SUNDAY, MARCH 25th 2012

13 HANDS COMMUNITY CONCERT/POTLUCK

*World music, chant, drumming, song and food!
Come celebrate the Livingston tribal community!*

IGNITE YOGA CENTER

4 pm

bring a drum and healthy dish/snack

19 South Livingston Avenue,
Livingston, NJ 07039

<http://igniteyoganj.com>

Coming in april....check back soon for more

THURS/FRI April 5th and 6th

2 Day Good Friday Celebration with

The Yoga Center of Medford and Alaine Portner

Thursday evening and Friday morning

Details coming shortly, check back!

SUNDAY, APRIL 22nd

**13 HANDS EARTH DAY COMMUNITY, WORLD CHANT
AND SONG TRIBAL CONCERT**

2 PM – after Sunday service

Institute for Spiritual Development

15 Sparta Ave, Sparta, NJ 07871

<http://isd-dc.org/>

WEDNESDAY, MAY 2nd 2012

13 HANDS - WORLD CHANT / COMMUNITY CONCERT & SONG

KRIPALU

LENOX, MA

<http://kripalu.org>

CRYSTAL BOWL MEDITATION TRAINING

SAT/SUN MAY 19TH AND 20TH
STARSEED YOGA CENTER
MONTCLAIR, NJ

INTERESTED?

EMAIL 13HANDS1@NAC.NET

\$200 - Pre Reg until May 1st

\$225 - Pre Reg until May 18th

\$250 – Weekend of



13 HANDS YOGA RETREAT –

A 400 acre sprawling paradise in upstate NY.

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

Yoga, sound meditation, fire pit healing ceremony,

Healthy organic, vegan/vegetarian food

CONCERT - DRUMMING!!!! - JULY ish

Room, packages and details coming this month

Main House, Carriage House, Barn House Apt

And Two Houses 4 minutes down the road

Retreat can hold approx 28 people..

Couples, families, groups of friends, etc...

EMAIL COMING MID MARCH WITH MORE INFORMATION!

INTERESTED?

EMAIL 13HANDS1@NAC.NET

Check back for updates and new dates...

**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>