

13 HANDS

MID- SUMMER SEPTEMBER 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, JULY 13th 2012

**13 HANDS – Concert, Community and World Chant
Beyond Yoga – held at MAAS building, Philadelphia, PA**

http://beyondasana.org/?page_id=65

SAT. JULY 14th 2012

YOGATHON

ALL DAY FUNDRAISER FOR VARIOUS CHARITIES

13 HANDS ACCOMPANIES 2 PM – 4 PM

learn about event!!!

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

13 HANDS YOGA SUMMER RETREAT - all full

FALL REFLECTION RETREAT COMING

Oct. 12th – 14th 2012

BOOK NOW – WILL FILL UP

ALL DETAILS, PRICING HERE

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



THURSDAY, JULY 26th 2012

13 HANDS WORLD CHANT AND COMMUNITY CONCERT

with very special cameos by Beth Ann Schroeder, Ricardo our beloved Yogic Chai guy, Sheryl Edsall and Penni Feiner and from Mexico Alfredo Villela!

AT THE NEW STARSEED IN VERONA, NJ

Doors Open 7:30

Event starts 8 pm

Call 973-783-1036

Pre-reg and save! - \$20

Evening of Concert \$25

Family rate - \$40

<http://starseedyoga.com>

SATURDAY, JULY 28th 2012

1 – 2:30 pm

13 HANDS accompaniment for

Sheryl Edsall's yoga class

NATURALLY YOGA OPEN HOUSE!

<http://naturallyyoga.com>

SATURDAY, JULY 28th 2012

Evening - Sacred Sound Healing for Tisha B'av

THURSDAY, AUGUST 2nd 2012

13 HANDS WORLD CHANT AND COMMUNITY CONCERT

FUNDRAISER FOR BRIDGES OF DIAMONDS

AND MAUREEN HEIL'S TRIP TO HAITI TO AID IN RECOVERY EFFORTS

7:30 DOORS OPEN

8 PM EVENT

YOGA ON MAIN, MANATAYUK, PA

<http://yogaonmain.com>

FRIDAY, AUGUST 3rd 2012

13 HANDS WORLD CHANT AND COMMUNITY CONCERT

Growing with the Seasons

Holistic Community Center

7:30 DOORS OPEN

8 PM EVENT

973-222-6762

www.growingwiththeseasons.com

SATURDAY, AUGUST 4TH 2012

13 HANDS WORLD CHANT AND COMMUNITY CONCERT

Rippling Waters Retreat Center

Delhi, NY

<http://ripplingwatersretreat.net>

WEDNESDAY, AUGUST 8th 2012

13 HANDS @ KRIPALU

World Chant and Community Concert

<http://kripalu.org>

SUNDAY, AUG. 12th 2012

KUNDALINI RISING – WE ARE ALL ONE

2 – 5 PM

Join Sheryl Edsall and Dalien, aka 13 HANDS for a powerful afternoon exploring the profound, ancient and deep practice of Kundalini yoga with live, ambient and rhythmic music support! The Kundalini practice is designed to open and balance the entire chakra system, emotional and spiritual systems of the body leaving you in this joyful state of peace, connectivity and integration. Sheryl will lead you through a magical practice and invite your heart to experience the various pathways to integrate this energy... and coupled with Daliens live music support and super extended 45 minute sound healing meditation with bowls, gongs, flutes, hang drum and other percussion... Be prepared for an incredible and transformative journey that will leave you feeling AMAZING! Songs and chants to close too!

THIS WORKSHOP WILL SELL OUT! – book now!

Pre-reg \$45

Day of \$55

Naturally Yoga, 175 Rock Rd. Glen Rock, NJ

<http://naturallyyoga.com>

SUNDAY, AUG 19th 2012

13 HANDS WORLD CHANT AND CONCERT

FOR BEYOND ASANA YOGA RETREAT

7:30 pm

<http://beyondasana.com>

THURSDAY, AUGUST 23RD 2012

DALIEN, aka 13 HANDS

WORLD CHANT AND COMMUNITY CONCERT

THIS IS A SPECIAL EVENT AND FUNDRAISER FOR

HIGHLAND YOGA IN BUTLER, NJ

7 PM DOORS OPEN

\$30

<http://highlandyoga.com>

COMING IN SEPTEMBER

LABOR DAY WEEKEND

EVOLVEFEST 2012

An entire weekend of music, kirtan, yoga workshops
and good hearted people!

**13 HANDS Sunday, September 2nd concert performance main stage
Afternoon Healthy and Holistic Living 2 hr. workshop**

Tickets available

<http://evolvefest.com>

SUNDAY SEPTEMBER 9th 2012

WANDERLUST YOGA IN THE CITY AND YOGA AID CHALLENGE

Yoga Aid World Challenge NYC will feature a star-studded lineup of yoga talent including
Wanderlust Veterans Elena Brower, Schuyler Grant, Dana Flynn, and Kelly Morris and music by
acclaimed artists Garth Stevenson and 13 hands. The event will be held at stunning Pier 63.

<http://www.yogaaid.com/USA>

FRIDAY, SEPTEMBER 14th 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!

7 pm

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

<http://sphericity.com>

DATE TBA

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>

13 HANDS

DRUMMING CIRCLES FOR ROSH HASHANNA AND YOM KIPPUR

mid to late September 2012

inquire for details

GLOBAL MALA!
SUNDAY SEPT. 23RD 2012
<http://globalmalanj.org>
DETAILS COMING

FRIDAY NIGHT OCT. 5th 2012
13 HANDS WORLD CHANT COMMUNITY CONCERT
DIG YOGA, NJ
7:30 – 10 PM
\$20 pre-reg, \$25 day of
Lambertville, NJ
<http://digyoga.com>

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!!!!



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>

