

13 HANDS

LATE FALL – HOLIDAY SEASON 2012/13



DALIEN, aka 13 HANDS LIVE
2 PM GARY GOLDBERG MUSIC SHOW
WRPI Radio, Troy, NY
Tuesday, Nov. 13th 2012
<http://www.wrpi.org/listen.php>



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DALIEN, aka 13 HANDS CONCERT
Wednesday, Nov. 14TH 2012
7:30 pm
KRIPALU
LENNOX, MASS
<http://kripalu.org>



CANDLELIGHT YOGA taught by Jennilee Toner
w/ 13 HANDS MUSIC ACCOMPANIMENT
Friday, Nov. 16th 2012
7 – 9 pm
Ballston Spa, NY
<http://the-yoga-spa.com>



**YOGA AND SOUND MEDITATION WORKSHOP &
WORLD CHANT, COMMUNITY POTLUCK & CONCERT**
SATURDAY, Nov. 17th 2012
Yoga workshop Community Potluck Gathering

World Chant Concert
Align Again Yoga, Greenwich, NY
<http://www.alignagainyoga.com>



The 4 O'CLOCK CRYSTAL BOWL MEDITATION
SUNDAY, NOV. 18th 2012

Come over, lie down, bliss out, it's that simple

The Karuna Shala

<http://thekarunashala.com>



THANKSGIVING MORNING!!!

YOGA AND MUSIC ACCOMPANIMENT,
CHANTING AND MORE!!! w/

SHERYL EDSALL & 13 HANDS

Regular class price and/or from package plus \$10 musician fee

Thursday, Nov. 22nd 2012

NATURALLY YOGA

<http://naturallyyoga.com>



BLACK FRIDAY YOGA w/ ALAINE PORTNER
AND 13 HANDS MUSIC ACCOMPANIMENT

FRIDAY, NOV. 23rd 2012

10 am - Noon

YOGA CENTER OF MEDFORD

Medford, NJ

<http://www.yogacenterofmedford.com>

DIGEST, RENEW and REVITALIZE –

SATURDAY, NOV. 24th 2012

You've absorbed more than just Thanksgiving dinner and desserts, you've absorbed people!! Come detox, open and rebalance from the holiday tension, fire up that third chakra and then relax into a deep and restful sound meditation. We end with some chants and song of gratitude to honor this time of the year.

HIGHLAND YOGA IN BUTLER, NJ

<http://highlandyoga.com>



WORLD CHANT / KIRTAN CONCERT &

FRIDAY, NOVEMBER 30th

World Chant / Kirtan 7:30 pm

INNER LIGHT YOGA CENTER

North Brunswick, NJ

<http://ilyc.com>



YOGA AND SOUND MEDITATION WORKSHOP

SATURDAY, DEC 1ST 2012

6 – 7:30 pm

SPHERICALITY YOGA, PILATES AND FITNESS

FLEMINGTON, NJ

<http://www.sphericity.com>



back again....

YOGA AND SOUND MEDITATION WORKSHOP

SUNDAY, DECEMBER 2ND

4 – 5:30 pm

INNER LIGHT YOGA CENTER

North Brunswick, NJ

<http://ilyc.com>



13 HANDS YOGA & SOUND MEDITATION

WE ARE GOING TO THE WALL! –

We will do a stabilizing practice at the wall to give you a fresh and new perspective on various poses and how to find the right variations for your body – followed by that good ole' 45 minute, blissful savasana with gongs, hang drums, flutes and other sacred instrumentation.

FRIDAY, DEC. 7th 2012

7:45 pm – 9:15 pm

Regular class and/or class from package plus \$10

ONYX MIND BODY,

Warren, NJ

<http://onyxmindbody.com>



WORLD CHANT / KIRTAN CONCERT &

SATURDAY, DEC. 8th

World Chant / Kirtan 7:30 pm Doors open

AKASHA YOGA CENTER

Colts Neck, NJ

<http://aumakasha.com>

YOGA and SOUND MEDITATION

SUNDAY, DEC. 9th 2013

2 – 4 pm

Yoga, gongs, hang drum and core work... oh my!

Come gather with our Freylinghausen Tribe!

THE BREATHING ROOM

<http://www.breathingroomcenter.com>



SUNDAY, DECEMBER 16th 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>



WINTER SOLSTICE / MAYAN CALENDAR / **“A change is coming” HEALING EVENTS!**

**WINTER SOLSTICE PRACTICE W/
IVY AND MUSIC ACCOMPANIMENT WITH 13 HANDS**

THURSDAY, DEC 20th 2012

Blissful savasana to follow..

Details coming – check back

7:30 – 9 pm

Starseed Yoga Center

9:30 pm – 11 pm – Community Hang and Light Fare
Free if you're taking either or both evening programs.
Donation if you'd like to stop by!

MIDNIGHT SACRED DRUMMING & CEREMONY AS WE CROSS OVER INTO THE SOLSTICE!

DEC. 20/21ST

AT STARSEED YOGA IN VERONA, NJ!

THURS. 11 PM – FRI MORNING 12:30 AM

BRING DRUM!

<http://starseedyoga.com>

Join **DALIEN, aka 13 HANDS**, Grammy nominee, Professor of Yoga at Montclair State University, ERYT 500 and sound therapist this winter solstice Dec 2012 as we embark on a powerful Shamanic, community drum ceremony to ring in this extremely important time in our human history. It's more than just another winter solstice, it's more than just the Mayan calendar ending or that our Earth will moving through the center of the Milky Way..... it's about **your transformation!**... your embracing of your deepest spiritual path and connection to all living beings, things, the planet and spirit realms as to open up and function from a much higher vibration and spiritual connection in our everyday world as we know it....or perhaps it will changing! How exciting!

The event will open with some basic yoga to ground and open the body and relax the mind before.....**WE DRUM, WE MOVE... WE SING, WE DANCE....WE RECLAIM OUR BIRTHRIGHT AND COMMIT TO BRINGING THE BRIGHTEST VERSION OF OURSELVES INTO THE WORLD!**

YOGA, MUSIC ACCOMPANIMENT & POTLUCK CELEBRATION SUE ELKIND AND DALIEN, AKA 13 HANDS

Celebrate the Solstice with yoga and live music by 13Hands. Potluck to follow - bring a dish to share!

FRIDAY, Dec. 21st

6 – 8pm – class, music, potluck follows

Dig Yoga

Lambertville, NJ

<http://digyoga.com>



**THE 13 HANDS HOLIDAY, HARE HARE HO-DOWN
CHRISTMAS AND CHANT CELEBRATION
LIVE CONCERT EVENT!**

SATURDAY, DECEMBER 22nd 2012

World Chant / Kirtan 7:30 PM DOORS OPEN

REST, STOP REJUVENATE

Rockaway, NJ

<http://reststoprejuvenate.com>



**YOGA, SOUND MEDITATION & CHANT
A WINTER SOLSTICE – “SEALING IT IN”
PRE XMAS EVE CELEBRATION**

SUNDAY, DEC. 23RD

2 – 4 PM

Join Dalien as he takes us through a Winter Solstice yoga practice focusing on deeply grounding postures with an emphasis on the lower chakras to prepare for the winter slow down.... Come get your cache filled you Yogi bears!...Learn to cultivate patience and a more centered energy into the winter months. Afterward we blissfully hibernate through gongs, hang drums, native flutes and other meditative and sacred instruments to awaken completely integrated like never before.

<http://starseedyoga.com>



**13 HANDS –
NEW YEARS MORNING MUSIC ACCOMPANIMENT**

TUESDAY, JAN. 1ST 2013

8 am Class – w/ Betsy

10 am Class – TBD

Regular class price and/or from package plus \$10 musician fee

Bikram Yoga Westfield, NJ

<http://bikramyogawestfield.com>



**YOGA AND SOUND MEDITATION WORKSHOP &
WORLD CHANT, COMMUNITY POTLUCK & CONCERT
SATURDAY, JAN 12th 2012**

Yoga workshop 4 – 5:30 pm

Community Potluck Gathering 5:45 PM – 7 PM

World Chant Concert – 7:30 pm

Kula Kamala Yoga - toms river NJ 08753

<http://www.kula-kamala-yoga.com>



**CRYSTAL BOWL MEDITATION TRAINING
SAT/SUN JANUARY 19th and 20th 2013**

2:30 – 5:30 pm

STARSEED YOGA CENTER

MONTCLAIR, NJ

973-783-1036

<http://starseedyoga.com>

INTERESTED?

EMAIL 13HANDS1@NAC.NET

\$200 - Pre Reg until Dec. 15th

\$225 - Pre Reg until Jan 18th 2013

\$250 – Weekend of Jan 19th/20th 2013

Download the information packet

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

13 HANDS YOGA & SOUND MEDITATION

WE ARE GOING TO THE WALL!

We will do a stabilizing practice at the wall to give a fresh and new perspective on various poses and discovering the right variations for your body – followed by that good ole' 45 minute, blissful savasana with gongs, hang drums, flutes and other sacred instrumentation.

SUNDAY, JAN 27th 2013

2 – 4:30 pm

Pre-reg \$30

Day of \$35

FREEHOLD YOGA CENTER

Freehold, NJ

<http://freeholdyogacenter.com>



WORLD CHANT, COMMUNITY CONCERT

SATURDAY, FEBRUARY 16TH 2013

World Chant Concert – 7:30 pm

Integral Yoga Institute, NYC

<http://www.iyiny.com>



DALIEN, AKA 13 HANDS CONCERT

WEDNESDAY, FEBRUARY 20TH 2013

7:30 pm

KRIPALU

LENNOX, MASS

<http://kripalu.org>

MORE COMING!!! – and in January too!!!