

13 HANDS

FEB / MAR 2013

**YOGA AND MUSIC ACCOMPANIMENT,
CHANTING AND MORE!!! w/
SHERYL EDSALL & 13 HANDS**

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

SATURDAY, FEB 9th

9:30 AM

NATURALLY YOGA

<http://naturallyyoga.com>



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**YOGA AND SOUND MEDITATION WORKSHOP &
WORLD CHANT, COMMUNITY POTLUCK & CONCERT**

Saturday, Feb 9th 2013

Yoga workshop 4 – 5:30 pm

Community Potluck Gathering 5:45 PM – 7 PM

World Chant Concert – 7:30 pm

Live In Joy Yoga – Audubon, NJ

<http://www.liveinjoyyoga.com>



YOGA AND SOUND MEDITATION WORKSHOP

Sunday, Feb. 10th 2012

Yoga workshop 4 – 6 pm

Balance Yoga Studio

Woodbridge, NJ

<http://www.balanceyoganj.com>



13 HANDS YOGA & SOUND MEDITATION

WE ARE GOING TO THE WALL! – AGAIN – SHOULDERS!!!

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, FEB. 15th 2013

7:45 pm – 9:15 pm

\$25 workshop fee

or it can be looked at

as cost of regular class price plus \$10 (no package class)

ONYX MIND BODY,

Warren, NJ

<http://onyxmindbody.com>



WORLD CHANT, COMMUNITY CONCERT

SATURDAY, FEBRUARY 16TH 2013

World Chant Concert – 7:30 pm

Integral Yoga Institute, NYC

<http://www.iyiny.com>



The 4 O'CLOCK CRYSTAL BOWL MEDITATION

SUNDAY, FEB. 17th 2013

4 pm – 5:30 pm

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

The Karuna Shala

<http://thekarunashala.com>



DALIEN, aka 13 HANDS LIVE

2 PM GARY GOLDBERG MUSIC SHOW

WRPI Radio, Troy, NY

Tuesday, Feb 21st 2013

<http://www.wrpi.org/listen.php>



DALIEN, aka 13 HANDS CONCERT

Wednesday, Feb 20th 2013

7:30 pm

KRIPALU

LENNOX, MASS

<http://kripalu.org>



YOGA taught by Jennilee Toner

**w/ 13 HANDS MUSIC ACCOMPANIMENT
AND KIRTAN**

Friday, Feb. 22nd 2013

7 – 10 pm ish

Ballston Spa, NY

<http://the-yoga-spa.com>



VINYASA ALIGNMENT AND REFINEMENT

SUNDAY, FEB 24th 2013

1 – 3:30 pm

Improve, expand and explore various technical approaches to stabilize your body and increase understanding of how to keep your body safe but challenged in a vinyasa or flow based class.

Bikram Yoga Westfield, NJ

<http://bikramyogawestfield.com>



**YOGA / SOUND MEDITATION WORKSHOP
& WORLD CHANT / KIRTAN**

THURSDAY, FEB. 28th 2013

Yoga workshop 7 – 9 pm

YOGA CENTER OF MEDFORD

Medford, NJ

<http://www.yogacenterofmedford.com>



**SACRED DRUMMING
SOUND MEDITATION & CHANT**

FRIDAY, MAR. 1st 2013

STARSEED YOGA IN VERONA, NJ!

8 pm

BRING DRUM!

\$20

<http://starseedyoga.com>

WE DRUM, WE MOVE... WE SING, WE DANCE....

WE SHED AND RECLAIM OUR BIRTHRIGHT AND COMMIT TO BRINGING THE BRIGHTEST
VERSION OF OURSELVES INTO THE WORLD!



YOGA AND SOUND MEDITATION WORKSHOP

The Throat Chakra

SATURDAY, MAR. 9TH 2013

7 – 9 PM

SPHERICALITY YOGA, PILATES AND FITNESS

FLEMINGTON, NJ

<http://www.sphericality.com>



YOGA and SOUND MEDITATION

SUNDAY, MARCH, 10th 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>



**SHERYL EDSALL, PENNI FEINER
& 13 HANDS - World Chant / Kirtan**

FRIDAY, MARCH 22nd 2013

World Chant / Kirtan

7 PM DOORS OPEN

7:30 PM EVENT

NATURALLY YOGA - <http://naturallyyoga.com>



**GOOD FRIDAY YOGA w/ ALAINE PORTNER
AND 13 HANDS MUSIC ACCOMPANIMENT**

GOOD FRIDAY, MARCH 29th 2013

10 am - Noon

YOGA CENTER OF MEDFORD

Medford, NJ

<http://www.yogacenterofmedford.com>



13 HANDS LIVE CONCERT EVENT!

COMING SOON!

World Chant / Kirtan 7:30 PM DOORS OPEN

REST, STOP REJUVENATE

Rockaway, NJ

<http://reststoprejuvenate.com>



YOGA AND SOUND MEDITATION WORKSHOP & WORLD CHANT, COMMUNITY POTLUCK & CONCERT

Saturday, APRIL 6th 2013

Yoga workshop 4 – 5:30 pm

Community Potluck Gathering 5:45 PM – 7 PM

World Chant Concert – 7:30 pm

LEHIGH VALLEY YOGA

Allentown, PA

<http://www.lvyogastudio.com>



YOGA AND SOUND MEDITATION WORKSHOP & WORLD CHANT, COMMUNITY POTLUCK & CONCERT

Saturday, APRIL 13th 2013

Yoga workshop 4 – 5:30 pm

Community Potluck Gathering 5:45 PM – 7 PM

World Chant Concert – 7:30 pm

FREEHOLD YOGA CENTER

Freehold, NJ

<http://www.freeholdyoga.com>



WORLD CHANT, COMMUNITY POTLUCK & CONCERT

SATURDAY, APRIL 27th 2013

World Chant Concert – 7:30 pm

Kula Kamala Yoga

Toms River NJ 08753

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

**LOTS MORE COMING...
BOOK AN EVENT, CONCERT,
WORKSHOP
Contact 13hands1@nac.net**



CRYSTAL BOWL MEDITATION TRAINING

JUNE 2013 –

Kula Kamala Yoga

Toms River NJ 08753

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

AUGUST 2013

2:30 – 5:30 pm

STARSEED YOGA CENTER

MONTCLAIR, NJ

973-783-1036

<http://starseedyoga.com>

INTERESTED?

EMAIL 13HANDS1@NAC.NET

