



13 HANDS

April / May / Early June 2013



**YOGA AND SOUND MEDITATION
WORKSHOP & POTLUCK**

Saturday, APRIL 6th 2013

Yoga workshop 4 – 6:30 pm
Community Potluck Gathering
6:30 PM

**LEHIGH VALLEY YOGA
Allentown, PA**

<http://www.lvyogastudio.com>



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

Saturday, APRIL 13th 2013

7 – 10 pm

First, come lie down for a blissful hour of sound and deep relaxation
Followed by light music and mantra to bring us respectfully back into
world chant and song as we celebrate our tribe.

**FREEHOLD YOGA CENTER
Freehold, NJ**

<http://www.freeholdyoga.com>



**YOGA and SOUND MEDITATION
THROAT AND HEART CHAKRAS**

SUNDAY, APRIL 14TH 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>



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

FRIDAY, APRIL 19TH 2013

7:30 PM

GOOD FRIENDS, FAMILY, DRUMS, SONG, CHANT
& CELEBRATION AWAIT!

DIG YOGA CENTER

Lambertville, NJ

<http://www.digyoga.com>



13 HANDS – Drumming, Sound Meditation and World Chant

SATURDAY, APRIL 20TH 2013

7 – 10 PM

First we drum to ground and center, then we bliss out to a sound meditation of flutes, gongs, hang drum and bowls while climaxing in an ecstatic chant concert as we move through various dimensions of sound and tribal friendship together!!!!

STARSEED YOGA

Verona, NJ

<http://starseedyoga.com>



**13 HANDS EARTH DAY ACCOMPANIMENT
BIKRAM YOGA WESTFIELD
SUNDAY, APRIL 21ST 2013**

Betsy and Val's classes

8 am and 10 am respectively

Celebrate Earth Day with wonderful music vibes

And blissful relaxation via 13 HANDS music

<http://bikramyogawestfield.com>



**WORLD CHANT, COMMUNITY & CONCERT
FRIDAY, APRIL 26TH 2013**

World Chant Concert – 7:30 pm

INNER LIGHT YOGA CENTER,

North Brunswick, NJ

<http://www.ilyc.com>



**WORLD CHANT, COMMUNITY POTLUCK & CONCERT
SATURDAY, APRIL 27TH 2013**

Potluck around 6 pm

World Chant Concert – 7:30 pm

Kula Kamala Yoga

Toms River NJ 08753

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



**YOGA / SOUND MEDITATION WORKSHOPS
WORLD CHANT, COMMUNITY POTLUCK & CONCERT**

SATURDAY MAY 4TH 2013 - Yoga workshop 1 – 4 pm
SUNDAY, MAY 5TH 2013 - Yoga workshop for teachers 1- 4 pm

SATURDAY, MAY 4th 2013

Community Potluck Gathering 5:45 PM – 7 PM

World Chant Concert – 7:30 pm

Live In Joy Yoga – Audubon, NJ

<http://www.liveinjoyyoga.com>



**SOUND MEDITATION, WORLD CHANT
& COMMUNITY CONCERT**

FRIDAY NIGHT MAY 10TH 2013

7 – 10 PM

Balance Yoga Studio

Woodbridge, NJ

<http://www.balanceyoganj.com>

MOTHER'S DAY EVENTS!



Honoring the Mother.....

MOTHER'S DAY YOGA AND MUSIC ACCOMPANIMENT,

CHANTING AND MORE!!! w/

SHERYL EDSALL & 13 HANDS

Regular class price and/or
from package plus \$12 musician fee

SUNDAY, MAY 12TH 2013

10 am - Noon

NATURALLY YOGA

<http://naturallyyoga.com>



**The 4 O'CLOCK CRYSTAL BOWL MEDITATION
SUNDAY, MAY 12th MOTHER'S DAY!**

4 pm – 5:30 pm

Come over, lie down, bliss out, it's that simple
What a great gift for MOM...

PRE-REG HIGHLY RECOMMENDED

The Karuna Shala

<http://thekarunashala.com>



**Yoga and Sound Meditation Workshop &
Community Potluck & Concert**

Saturday, May 18th 2013

Workshop: 4 – 5:45 pm

Potluck: 6 – 7 pm

Concert: 7:30 pm

In Harmony Yoga

Cohoes, NY 12047

<http://inharmonyyoga.org>



**Yoga and Sound Meditation Workshop/
Community & Concert**

Sunday, May 19th 2013

1 – 4:30 pm

Enlighten Yoga + Community Center

Amsterdam, NY 12010

<http://enlightenedamsterdam.com>



Yoga and Sound Meditation Workshop

Sunday, May 26th 2013

4 – 6 pm

SOUL IN MOTION YOGA

Cliffside Park, NJ

<http://soulinmotionyoga.com>



VINYASA ALIGNMENT AND REFINEMENT - PART 2 COMING IN MAY/JUNE

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>



CRYSTAL BOWL MEDITATION TRAINING

FRIDAY, MAY 31ST – SATURDAY, JUNE 1ST 2013

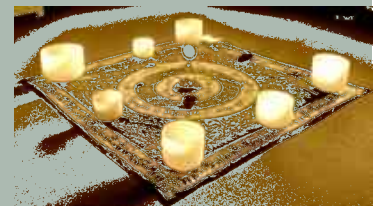
FRIDAY EVENING 7 – 10 PM

SATURDAY DAY 2:30 – 5:30 PM



Kula Kamala Yoga
Toms River NJ 08753

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



YOGA & SOUND MEDITATION WORKSHOP

SATURDAY, JUNE 1ST 2013

7:30 - 9 :15 PM

Lower chakra yoga sequencing and alignment with the wonderful 45 minute savasana that'll take you to blissful states of outer space!

Kula Kamala Yoga
Toms River NJ 08753

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



**SOUND MEDITATION, SACRED JOURNALING
EXPRESS YOUR CREATIVITY WORKSHOP**

SUNDAY, JUNE 2ND 2013

2 – 5 PM

REST, STOP REJUVENATE

Rockaway, NJ

<http://reststoprejuvenate.com>



DALIEN, aka 13 HANDS CONCERT

Wednesday, June 12th 2013

7:30 pm

KRIPALU

LENNOX, MASS

<http://kripalu.org>



SOUNDS TRUE RECORDING COMPANY



AUG 14-18th 2013

A five day experience of transformation
Estes Park, Colorado

Snatam Kaur, Jack Kornfield, Shiva Rea, Seane Corn,
13 HANDS was just invited!

<http://wakeupfestival.com>

Register Early and Save \$200!: By May 1st



CRYSTAL BOWL MEDITATION TRAINING

AUGUST 2013

SAT / SUN

Dates coming!

2:30 – 5:30 pm

STARSEED YOGA CENTER

MONTCLAIR, NJ

973-783-1036

<http://starseedyoga.com>



**BOOK AN EVENT, CONCERT, QUESTIONS
WORKSHOPS - Contact 13hands1@nac.net**

