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EARLY 2014

DALIEN aka 13 HANDS Final stops on the "The Kindness of Yogi's tour" Come celebrate the final stops on Dalien's 12 day tour! Friday night, Jan 31st 2014 6:30-7:30p "Face near death, heal your heart, free your soul" A very special and inspirational talk with Dalien/13 Hands and his journey of curing himself of Crohns, Colitis, Epstein Barr, Chronic Fatigue, Leaky Gut Syndrome, Jaundice, Liver and Digestive issues, respiratory and circulatory issues that sidelined him for nearly 15 years....Dalien will share an inspiring overview of how acupuncture, chiropractic, ayurveda, marital arts, herbs, various detox cleanses, qigong, yoga, energy healing, massage, organic foods, raw foods, shamanism, inner child work, and many other "outside the box" approaches helped him reclaim his health, his life, his power, his joy and embrace a new way to live in accordance with natural law.

7:30-9:30p Yoga & Sound Meditation, Chants and more! yoga, laughs, gongs, flutes, hang drum and yoga biscuits by Nabisco \$25 for both in advance (\$30 at the door) \$20 for yoga class in advance (\$25 at the door)

Jim Thorpe Yoga 434 Center St, Jim Thorpe, PA 18229

www.jimthorpeyoga.com (570) 527-5453

DALIEN, 13 HANDS @ WEST END YOGA,

YOGA AND SOUND MEDITATION WORKSHOP SPECIAL STOP ON HIS "THE KINDNESS OF YOGI'S TOUR" Sat. Feb 1st 2014 5 – 7 pm - workshop 7 pm – 7:45 pm - Tea, Snacks, Hang out/ Q&A/ Community

Special event fee! (See special BONUS if you pre-reg!) \$15 Pre-reg/\$20 at Door

West End Yoga 2313 West Highland Street, Allentown, PA 18104

www.weyogacenter.com 484-860-3044

Friday, Saturday in Jim Thorpe and Allentown, PA THEN.....

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KUNDALINI RISING IS BACK Sheryl Esdall and Dalien, aka 13 HANDS! SUNDAY, FEB. 2nd 2-4 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!

If you pre-reg, then you'll get a FREE 17 minute clinically proven music MP3 That helps with sleep, reducing stress, anxiety and other related nervous system issues. Also great to teach yoga, massage or other energy work with.!

Naturally Yoga 175 Rock Rd. Glen Rock, NJ

www.naturallyyoga.com 201.612.7330 =====

KRIPALU WED, FEB 5th 2014 7:30 pm Super Chant, Community Concert and Snacks :) For registered guests <http://kripalu.com>

Valentine's Day Weekend THE YOGA HOUSE YOGA AND SOUND MEDITATION WORKSHOP The Heart Chakra Sat. Feb 15th 5-7 pm

The Yoga House 2132 Rt. 209 S. Stroudsburg, PA
18360 www.yogahousestroudsburg.com Phone:(570) 856-3140

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YOGA AND SOUND MEDITATION WORKSHOP "Making a commitment to YOU event" Hosted by The Viibe Dance Center and Soul in Motion Sunday, February 16th 2014 4 - 6pm DALIEN, aka 13 HANDS is back at the Viibe Dance Center to share a very innovative, inspiring and relaxing yoga and sound meditation experience to support the reduction of stressand to start the New Year off with a renewed commitment to embrace healthy lifestyle choices. You will feel amazing afterward and have one of the best nights sleep in a long time! Open to all levels of student, practitioner... The evening will end some light interactive music to gently waken the body up from this very deep and relaxing yoga experience. Perfect for couples, singles, family....come breathe, chill and experience how awesome this workshop is going to make you feel!!! \$20 Pre-reg / \$25 day of/walk in

HOSTED BY The Viibe Dance Center and Soul In Motion Yoga Center 458 Palisade Ave. Cliffside Park, NJ <http://theviibe.com> 201-943-1131 Soul In Motion

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DALIEN, aka 13 HANDS music accompaniment for Sheryl Edsall

Saturday, March 1st, 2014

9:30 am

Naturally Yoga, Glen Rock, NJ

<http://www.naturallyyoga.com>

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DALIEN, aka 13 HANDS

Yoga and Sound Meditation

“The floor is your friend...”

Sunday afternoon March 2nd 2014 2 – 4 pm

EVENT PRICING \$30 Pre-reg \$35 Day of

FREE 13 HANDS Healing music gift if you PRE-REG!!!

FREEHOLD YOGA CENTER

3 West Main Street

Freehold, NJ 07728

<http://www.freeholdyoga.com>

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DALIEN, aka 13 HANDS is back!

Sound Meditation & Sacred Song

“The floor is your friend”

Thursday evening, March 13th

YOGA CENTER OF MEDFORD

128 New Jersey 70

Medford, NJ 08055

(609) 654-9400

www.yogacenterofmedford.com

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SOUND MEDITATION & WORLD CHANT EVENT FRIDAY MARCH 14th 2014

7:45 – 9:45 pm

Live in Joy Yoga & Wellness

<http://liveinjoyyoga.com>

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DALIEN aka 13 HANDS Yoga, Sound Meditation & World Chant

An integrative experience involving mind, body, vibration...and your colon! :)

Saturday, March 15th 2014

BALANCE YOGA

3 – 6 pm

EVENT PRICING Pre- reg \$35 / Day of \$40

PRE-REG AND RESERVE YOUR SPOT AND YOU'LL GET A FREE 13 HANDS MUSIC GIFT!

BALANCE YOGA

94 Green Street Woodbridge, NJ 07095

www.balanceyoganj.com

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THE META CENTER NYC & 13 HANDS present

WORLD CHANT, KIRTAN & COMMUNICTY CONCERT/SOUND MEDITATION

7 PM - 9 PM

THE META CENTER, NYC

214 W 29th St # 16, New York, NY 10001

<http://www.metacenterny.com>

\$20 in advance via PAYPAL or call center at

212-736-0999 EXT. 1 to register Credit card (MC, Visa and Discover),

checks/cash in advance

Children under 15 free.

\$25 cash only at door

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Friday night, March 21st - SPRING EQUINOX KIRTAN!

SHERYL EDSALL, PENNI FEINER & 13 HANDS

7 PM - ???

Naturally Yoga, Glen Rock, NJ

<http://www.naturallyyoga.com>

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YOGA & SOUND MEDITATION WORKSHOP

Saturday afternoon

March 22nd 2014

4 – 6:30 pm 6:30 pm - ? Potluck, Tea....hang, Q&A and snacks!

EVENT PRICING \$30 PRE /\$35 DAY

OF

PRE-REG AND GET A FREE 13 HANDS MUSICAL GIFT FOR RELAXATION

BLUE MOON YOGA CENTER

Gerard Plaza

827 Broad Street (RT 35)

Shrewsbury, NJ 07702

Phone 732-345-YOGA (9642)

<http://blueyoga.net>

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DALIEN, aka 13 HANDS FAMILY YOGA DAY

Sunday, March 30th

11 am - 12:30 pm Saturday afternoon - March 22nd 2014

Glen Ridge Senior-Community Center

228 Ridgewood Ave

RSVP Karuna Shala Yoga

973-743-1211

\$28 One adult, 1 child

\$7 each additional family member

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2 DAYS WITH DALIEN, aka 13 HANDS in Denville!

Healthy Living Discussion/Q&A and Sound Meditation

Friday evening, April 4th 2014

7:30 - 9:30 pm

Face near death, find your heart, free your soul"

YOGA & SOUND MEDITATION WORKSHOP

Saturday afternoon

April 5th 2014 2:30 – 4:30 pm

World Chant & Community Concert w/ Grammy nominee 13 HANDS Saturday evening -

April 5th 2014 7:30 - 9:30 pm Come celebrate, chant, listen, smile and “Get Your Chant On” with Dalien, aka 13 HANDS!

Bring a drum, shaker or rattle!!!

EVENT PRICING

OPTION 1: Friday eve / Saturday day individual workshop pricing: \$25 PRE /\$30 DAY OF

OPTION 2: Do Friday eve/ Sat day workshop and SAVE! \$45 PRE / \$50 DAY OF

OPTION 3: Saturday night concert:

\$20 PRE/ \$25 DAY OFF

OPTION 4: SATURDAY NIGHT CONCERT EVENT FREE when you do both Friday eve/Sat day events!

SPECIAL PRICING DEALS CONCERT EVENT ONLY

WEAR A RED SHIRT, BLOUSE, SWEATER TO CONCERT SAVE \$5 ON THE “DAY OF” PRICE!

BRING A FRIEND TO THE CONCERT THEY GET \$10 OFF THE “DAY OF” PRICE

Kids under 10 FREE for the concert

PURPLE OM YOGA CENTER

3118 Rt 10W

Denville, NJ 07834

973 343 2848

[http:// www.purpleomyoga.com](http://www.purpleomyoga.com)

YOGA AND SOUND MEDITATION WORKSHOP

Sat. MAY 3rd 2014 5:30 – 7:30 pm - workshop 7:45 pm - Tea, Hang out/ Q&A/ Community

SPECIAL BONUS IF YOU PRE-REGISTER!

This musical gift will be a Chakra Meditation track that will provide soothing and deeply healing Quartz Crystal Bowl.

HOSTED BY

West End Yoga <http://www.weyogacenter.com/> [484-860-3044](tel:484-860-3044)

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YOGA AND SOUND MEDITATION Start the work week off blissfully clear.... SUNDAY MAY 4th
2014 5:30 – 7:30 pm

SPECIAL BONUS IF YOU PRE-REGISTER! If you pre-register for this workshop with Dalien, aka 13 HANDS, You'll receive a complimentary, 17 minute meditation piece of relaxing music that is clinically proven to support and help manage sleep, anxiety and other issues related to PTSD

JIM THORPE YOGA, JIM THORPE, PA <http://jimthorpeyoga.com>

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13 HANDS WORLD CHANT, COMMUNITY AND KIRTAN HANG w/ tea hang, snacks, potluck celebration Friday, May 9th 2014 7 – 10:30 pm

13 HANDS (aka DALIEN) is with a community building kirtan/chant and music event! Bring a light conscious dish of food or snack for the PRE CHANT GAME SHOW at 7 pm Sound Meditation opening begins at 7:45 pm Concert, tea, hang final chill out..

Event Price Pre-reg \$20 Night of \$25 PRE-REG AND RECEIVE FREE 13HANDS CHANT GIFT

<http://highlandyoga.com>

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13 HANDS and Sheryl Edsall Mother's Day Yoga and Music accompaniment

Sunday May 11th, 2014 10 am – Noon Ends with chants to the Mother, the Earth and more! <http://www.naturallyyoga.com>

Regular class price plus \$12 musician fee.

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META CENTER, NYC & 13 HANDS Present.... Kirtan, World Chant & Community Concert, Round 4,

Spring Awakening with 13 HANDS (aka DALIEN) 7:00pm - 9:00pm

Wednesday, May 21st 2014 13 HANDS (aka DALIEN) is back with yet another tribe and community building kirtan/chant and music event! DALIEN IS SO MUCH FUN and plays all these unique instruments that relax, invigorate and will inspire your heart and move wonderful energy through you! He brings the usual assortment Native flutes, guitars, harmonium, hang drum and ambient percussion that will open your heart. The night will begin again with a short, grounding sound meditation to connect us to our breath.

META CENTER is located at 214 W 29th St # 16, New York, NY 10001 \$20 in advance via PayPal or call META Center

at [212 736 0999 Ext. 1](tel:2127360999). to register.

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DALIEN, aka 13 HANDS & HIGHLAND YOGA PRESENTS.....

THE SUPER, SUMMERTIME YOGA & SOUND MEDITATION, CHAKRA, MIND/BODY SUPER
"BOMB DIGGY" WORKSHOP SERIES – THE SEQUEL

7:30 – 9:30 pm Thursdays this summer May 22nd, June 26th, July 31st, Aug, 21st

Dalien will be back again with a special summer residency program that continues exploring and expanding upon all the various relationships between asana, chakra and mental, physical, spiritual and emotional health work we did last year. Other areas include intuition, astrology, reflexology, nutrition and divination exploration as to create stronger bonds of trust with your body...Yes, there will be sound meditation at the end of each workshop with the usual array of hypnotic and healing instruments to relax you!!!! Hope you can come out to part two of this very informative, life affirming and health balancing series!

Each workshop is \$25 pre / \$30 night of

SPECIAL: All Four workshops are \$80 – paid in advance/Pre-reg ONLY

Pay for all four in advance – GET FREE 13 HANDS EP OF CHANT, HEALING AND OTHER FUN MUSIC!

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MEMORIAL DAY WEEKEND!

SUPER TRIBAL SOUND, CHANT AND KIRTAN GATHERING!

w/ Grammy nominee / ERYT500 - DALIEN, aka 13 HANDS

Saturday, May 24th 2014 Doors open: 7 pm Concert: 7:30 pm – 10 pm (ish)

A 13 HANDS concert /Kirtan experience blends sacred Indian and world chant, rhythms & inspirational songs to create positive vibrations that open the heart and allow for anyone to explore their voice in a fun and empowering setting. Instrumentation such as hang drum, native flutes, ambient, live looping, harmonium, & various percussion, create a wonderful, musical interactive, healing and spiritually healing experience... Bring a drum, rattle, shaker for various parts of the evening!PRICING Pre-reg \$20 Day of \$25

SPECIAL EVENT PRICING COME AS A PARTY OF 5 - \$60 for all

Wear a WHITE shirt, blouse, top, etc.. GET \$5 off the day of price! Kids under 10: Free

PRESENTED BY AQUARIAN YOGA CENTER, MONTCLAIR, NJ www.aquarianyogacenter.com/

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START YOUR HOLIDAY OFF

ALL CHILL....LAXIN'

DALIEN, aka 13 HANDS Yoga and Sound Meditation... with other explorations of sound and relaxation.BACK IN HOBOKEN!Memorial Day Weekend that launches a special Summer ResidencySunday, May 25th 2014 5:30 – 7:30 pmDALIEN, aka 13 HANDS will be in Hoboken quite regularly this summer on Sundays to help set up your work week in a clear, calm and UBER - relaxed state. This is one the most powerfully energizing and relaxing yoga / sound experiences that combines all the energy, improved circulation and alignment elements of several yoga styles combined with the support of Nada yoga. (yoga of sound)

The physical part of the practice will typically involve revolving lessons focusing on low back, core, hips, heart and shoulder opening yoga asana to develop strength, relieve tension and increase oxygen/blood circulation in the body. The experience will be followed by one of the most relaxing, 45 minute sound meditation/relaxation experiences where the live sounds of Native Flutes, hang drum, quartz crystal bowl, gong and other ambient world instruments will accompany your journey into deep relaxation and renewal...You will feel amazing afterward, have one of the best nights sleep in a long time and will wake up Monday morning ready to start your week in a very centered, focused and content place.

Open to all levels of student, practitioner...

Evening will end some light interactive music to gently waken the body up from this very deep and relaxing yoga experience.

SPECIALITY class/workshop \$20 Flat rate

RESERVE ANY 4 SUNDAYS this Summer 13 HANDS UPFRONT (Essentially a mini 4 class package) \$75

KRIPALU

WED, MAY 28th 2014

7:30 pm

Super Chant, Community Concert and Snacks :)

For registered guests

<http://kripalu.com>

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YOGA & SOUND MEDITATION

SAT. JUNE 7th 2014

5:30 - 7:45 pm

BE HERE NOW YOGA

Flemington, NJ

<http://beherenow yoga108.com>

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TEDxFultonStreet Pace University Tuesday June 10th 2014 8 am - 8 pm <http://tedxfultonstreet.com/> Michael Schimmel Center for the Arts 3 Spruce St. Manhattan, NY 10038 TEDxFultonStreet will host its inaugural event, titled "Chrysalis: A Transformation," at Pace University's Michael Schimmel Center for the Arts. Chrysalis will bring together a mix of entrepreneurs, technologists, artists, architects, thinkers, dreamers, scientists, and doers: creative individuals that seek inspiration from an immersive and cross-disciplinary experience.

PRESENTING THIS DAY.....Grammy Nominee, Professor of Yoga DALIEN, aka 13 HANDS

BE A GUEST OF 13 HANDS and TEDxFultonStreet

<https://www.eventbrite.com/e/tedxfultonstreet-2014-chrysalis-tickets-11465645053?access=DM14>

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YOGA AND SOUND MEDITATION
and SUPER BIRTHDAY FOR
JULIE-CHANT FEST CELEBRATION
PARTY AND WORKSHOP

Wednesday, Jun 11th 2014
6:30 – 9 pm

LIVE IN JOY YOGA & WELLNESS
<http://liveinjoyyoga.com>
Audubon, NJ

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YOGA & SOUND MEDITATION, WORLD CHANT & DHARMA / HEALTH CHAT! SPECIAL STOP
ON HIS NEVER-ENDING....

“THE KINDESS OF YOGI’S TOUR”

7 – 9:45 pm

LIBERTY YOGA

Newark, Delaware

<http://libertyyoga.com>

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2 DAYS w/ DALIEN in DC!

WORLD CHANT/KIRTAN CONCERT

Friday evening

June 13th 2014

7:30 - 10 pm

CHANT CAMEO BY GURU GANESHA

YOGA & SOUND MEDITATION WORKSHOP

Saturday

June 14th 2014

2:30 - 4:30 pm

SIMON SAYS YOGA

<http://simonsaysyoga.com>

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13 HANDS Music accompaniment for Alicia Wozniak! Sunday, June 22nd 2014 10 am - Noon

Don't miss this very special event as it sort of is a PRE-LAUNCH to the Lehigh Valley Yoga Festival in July! Regular class price

and/ or class from package plus \$12 musician fee Easton Yoga <http://www.eastonyoga.com>

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STRESSED?

NEED TO WIND DOWN?

START YOUR WORK WEEK OFF - CHILL-LAXED!

DALIEN, aka 13 HANDS

Yoga and Sound Meditation... with other explorations of sound and relaxation. BACK IN HOBOKEN! Sunday, June 22nd 2014 5:30 – 7:30 pm DALIEN, aka 13 HANDS will be in Hoboken quite regularly this summer on Sundays to help set up your work week in a clear, calm and UBER - relaxed state. This is one the most powerfully energizing and relaxing yoga / sound experiences that combines all the energy, improved circulation and alignment elements of several yoga styles combined with the support of Nada yoga. (yoga of sound)

Open to all levels of student, practitioner...

Evening will end some light interactive music to gently waken the body up from this very deep and relaxing yoga experience.

SPECIALITY class/workshop \$20 Flat rate

RESERVE ANY 4 SUNDAYS this Summer 13 HANDS mini 4 class package \$75

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META CENTER, NYC & 13 HANDS Present.... Kirtan, World Chant & Community Concert, Round 5,

SUMMER SOLSTICE CLOSING CHANT CEREMONY with 13 HANDS (aka DALIEN) 7:00pm - 9:00pm Monday, June 23rd 2014

COME CLOSE THE SOLSTICE WITH US!

META CENTER is located at 214 W 29th St # 16, New York, NY 10001 \$20 in advance via [PayPal](#) or call META Center

at [212 736 0999 Ext. 1](tel:2127360999). to register.

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DALIEN, aka 13 HANDS & HIGHLAND YOGA PRESENTS.....

THE SUPER, SUMMERTIME YOGA & SOUND MEDITATION, CHAKRA, MIND/BODY SUPER "BOMB DIGGY" WORKSHOP SERIES – THE SEQUEL

7:30 – 9:30 pm Thursdays this summer NEXT ONE IS June 26th

July 31st, Aug, 21st

Dalien will be back again with a special summer residency program that continues exploring and expanding upon all the various relationships between asana, chakra and mental, physical, spiritual and emotional health work we did last year. Other areas include intuition, astrology, reflexology, nutrition and divination exploration as to create stronger bonds of trust with your body...Yes, there will be sound meditation at the end of each workshop with the usual array of hypnotic and healing instruments to relax you!!!! Hope you can come out to part two of this very informative, life affirming and health balancing series!

Each workshop is \$25 pre / \$30 night of

Highland Yoga Center, Butler, NJ <http://highlandyoga.com>

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YOGA, SOUND MEDITATION WORKSHOP FRIDAY, JUNE 27th

7 – 9 pm

Pre-reg and receive a 13 HANDS digital music gift!

Garden of Healing & Wellness Center 49 Bayard Street- 2nd Floor New Brunswick, NJ
08901 <http://www.agardenofhealing.us/>

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YOGA, SOUND MEDITATION WORKSHOP SATURDAY, JUNE 28th 2014 11 am – 1:15
pm DALIEN aka 13 HANDS is back at Serenity with a special Saturday morning workshop that will
explore working with chakra based yoga postures and variations based on range of motion.

Ends with a 45 minute, nada yoga / savasana with gongs, crystal bowls, hang drum, native flutes and
other ambient percussion to transport you into deep relaxation finale!

Pre-reg and receive a 13 HANDS digital music gift!

Serenity Yoga & Wellness Spa 1244 McBride Ave, Woodland Park, NJ
07424 <http://www.serenityyoga-nj.com>

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DALIEN, aka 13 HANDS FAMILY YOGA DAY
Sunday, June 29th
11 am - 12:30 pm

Glen Ridge Senior-Community Center
228 Ridgewood Ave

RSVP Karuna Shala Yoga
973-743-1211
\$28 One adult, 1 child
\$7 each additional family member

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Starseed Yoga and 13 HANDS present

The Super Summer Yoga & Sound Meditation 4 week series! Dalien's back with a special weekly yoga and sound series exploring all the various relationships between asana, chakras and mental, physical, vibrational, spiritual and emotional health and various applications in yoga styles and in therapeutic application!

COME RELAX THIS SUMMER AND COOL DOWN!

All levels of practitioner welcome! Perfect if you're also working on sleep, stress reduction and if your mind "races" a lot.

Wednesdays in July! 7:30 – 9:45 pm 7/2 7/9 7/23 7/29 EVENT PRICING \$25 pre-reg per Wed. \$30 day of. PRE-reg for all four workshops and SAVE!

\$80

SPECIAL GIFT: If you purchase the whole 4 week series, then you'll get A 1 hour, 7 chakra Crystal Bowl recording as well!

STARSEED YOGA & WELLNESS

<http://starseedyoga.com>

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The Yoga House

SOUND MEDITATION AND HEALING CONCERT

Friday, July 11th 2014

7 pm - 9 pm

The Yoga House

2132 Rt. 209 S.

Stroudsburg, PA 18360

www.yogahousestroudsburg.com

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YOGA AND SOUND MEDITATION Start the work week off blissfully clear.... SATURDAY, JULY 12th 2014

DETAILS COMING!!!

SPECIAL BONUS IF YOU PRE-REGISTER!

ON THE YOGA DECK -

OUTDOOR PLATFORM IN THE HILLS!

FULL DAY WORKSHOP AND EVENING CONCERT

IN ASSOCIATION w/

JIM THORPE YOGA <http://jimthorpeyoga.com>

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LEHIGH VALLEY YOGA FESTIVAL

SAT. JULY 26th 2014

Dalien/13 Hands(Part 1) 2pm - Yoga and Sound Meditation This workshop and music offering takes you on a journey of all the gifts 13 HANDS shares with the world. After a short introduction he'll share some very specific and technical chakra yoga sequences to build the agni(heat) and deepen your alignment understanding. It will be followed by the most blissful longest savasana EVER with gongs, crystal bowls, hang drum, native flutes and other ambient percussion to assist you as you float into a state of deep relaxation or "sonic yoga nidra". You'll be brought back with light acoustic guitar as we gently transition for part two.

(Part 2) 3:30 - Interactive Shamanic Sound, Chant, Kirtan and More!

Fun, devotional, interactive chants and song await you as to integrate and ground the experience before you go on with your day at the festival! Fun and good vibes are here with your name on it in this comprehensive, mind, body and energy experience! Dalien shares with a really big heart and sense of humor, bringing over 20 years of knowledge and insight... Be prepared to laugh and celebrate while going deep. Bring a rattle, shaker or drum for all the interactive fun!!!!

GET ALL THE DETAILS:

<http://www.lvyogafest.com/>

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Sheryl Edsall & 13 HANDS

Sunday August 3rd

Summer Detox, Gentle, Restorative flow with Sound! 2 - 4 pm <http://www.naturallyyoga.com>

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Sound Meditation & Sacred Song

Thursday evening August, 7th 2014

*YOGA CENTER OF MEDFORD
128 New Jersey 70
Medford, NJ 08055
(609) 654-9400
www.yogacenterofmedford.com*

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SUPER TRIBAL CHANT AND KIRTAN GATHERING!

w/ Grammy nominee / ERYT500 - DALIEN, aka 13 HANDS

THURSDAY, AUGUST 14th 2014

7 pm

FREEHOLD YOGA CENTER,

3 West Main Street

Freehold, NJ 07728 www.freeholdyoga.com

KRIPALU - 13 HANDS concert

WED, AUGUST 27th 2014

7:30 pm

Super Chant, Community Concert and Snacks :)

For registered guests

<http://kripalu.com>

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Saturday, September 6th 2014

World Chant, Kirtan and Devotional Song!

Jai Pure Yoga

Montclair, NJ

7:30 pm

<http://www.jaipureyoga.com>

Sunday, September 7th 2014

Yoga and Sound Meditation

4 - 6 pm

The Yoga House

2132 Rt. 209 S.

Stroudsburg, PA 18360

www.yogahousestroudsburg.com

Sign up here: [Yoga House Stroudsburg Online](#)

Monday September 8th 2014

Yoga and Sound Meditation

on Jeff Cook's awesome Yoga Deck!

6:30 – 8:30 pm

IN ASSOCIATION w/

JIM THORPE YOGA

<http://jimthorpeyoga.com>

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Saturday, September 12th

John Carroll University Presentation

John Carroll University, Ohio

10 pm

Friday, September 19th 2014

Yoga and Sound Meditation/Chant Finale

7 pm – 9 pm

The You Can Do It Yoga Center

105 C Page Avenue, Staten Island, NY

<http://www.youcandoitoyogacenter.com>

SUMMER SOLSTICE EVENTS COMING

13 HANDS - SPIRITUAL DRUMMING FOR ROSH HASHANAH

and YOM KIPPUR

Temple Emmanuel

Sept. 25th-26th, Oct 4th

11 am – 1 pm

Yoga, Sound and Kirtan w/ 13 HANDS

Friday, September 26th

5 pm – 10 pm

Quiet Heart Yoga

Allentown, PA

<http://www.quietheartyoga.com/>

Yoga and Sound Meditation: The Heart Chakra

Sunday, Sept. 28th 2014

3-5 pm

Easton Yoga

<http://www.eastonyoga.com>

Yoga and Sound Meditation

Sunday, Oct 5th 2014

3-5:30 pm

Blissful Yoga

Mullica Hill, NJ

<http://blissfultyogamullicahill.com>

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13 HANDS - World Chant, Kirtan and Devotional Song!

Friday, October 10th 2014

7:30 pm

Yoga On Main

Philadelphia, PA

<http://yogaonmain.com>

Thursday, Oct 23rd

Yoga, Sound and Trauma workshop and personal development

Full day – 2 workshops

for youth in Juvenile detention and social workers.

Easton, PA

OCTOBER 24-26TH

13 HANDS COMPOSES AND PERFORMS

LIVE FOR FREESPACE DANCE UPCOMING SEASON!

Montclair, NJ

<http://yogamontclair.com>

DALIEN, aka 13 HANDS THE HEART CHAKRA: Yoga & Sound Meditation Workshop Sunday, Feb. 15th 2015 4 – 6 pm

SAND HILLS COMMUNITY WELLNESS CENTER

<http://sandhillswellness.wix.com>

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DALIEN, aka 13 HANDS THE ROOT CHAKRA Yoga & Sound Meditation Workshop Sunday, Feb. 22nd 2015 4 – 6 pm ATLANTIC CLUB 1904 Atlantic Ave. Manasquan, NJ 08736 732-223-2100 Ext.359

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ROOT CHAKRA YOGA /SOUND MEDITATION WORKSHOP

Tues Feb. 24th Be Here Now Yoga Flemington, NJ

<http://beherenowyoga108.com> =====

HIGH VIBES, SUPER TRIBAL SOUND, CHANT AND KIRTAN GATHERING RECORD RELEASE EVENT FOR "TRINITY" w/ Grammy nominee / ERYT500 - DALIEN, aka 13 HANDS Friday night February 27th 2015 Doors open: 7 pm Concert: 7:30 pm – 9:30 pm (ish) FREEHOLD YOGA CENTER

<http://freeholdyoga.com> =====

HIGH VIBES, SUPER TRIBAL SOUND HEALING, CHANT & COMMUNITY CONCERT GATHERING! w/ Grammy nominee / ERYT500 - DALIEN, aka 13 HANDS RECORD RELEASE PARTY! Saturday night Feb. 28th 2015 Doors open: 7:30 Concert: 8 pm – 10 pm (ish) YOGA MONTCLAIR

<http://yogamontclair.com> =====

HIGH VIBES, SUPER TRIBAL SOUND HEALING, COMMUNITY CONCERT GATHERING! w/
Grammy nominee / ERYT500 - DALIEN, aka 13 HANDS RECORD RELEASE PARTY! Saturday eve.
March 7th 2015 PRANA YOGA DENVER

<http://pranayogadenville.com> =====

13 HANDS Sound Meditation, Stress Management & Inspirational Song event

Sat. March 14th The Wellness Lounge 14 South Orange Ave, South Orange, NJ =====

DALIEN, aka 13 HANDS THE ROOT CHAKRA Yoga & Sound Meditation Workshop Sunday, March
15th 2015 3 - 5:30 pm One Yoga & Wellness Center

<http://oneyogacenter.net>

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SAT. MARCH 21st 2015 KULA KAMALA TEACHER TRAINING MODULE 2:30 - 6:30 PM

13 HANDS Concert, Community Kirtan 8 pm

Kula Kamala Yoga, Toms River, NJ

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

YOGA /SOUND MEDITATION WORKSHOP

Friday March 27, 2015 Sakula Yoga Metuchen, NJ

<http://sakulayoga.com>

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CHANT, INTERACTIVE SONG & DRUMMING FOR FAMILIES

Saturday, March 28th 2- 3:30 pm Montclair Baby, Montclair, NJ

<http://montclairbaby.com>

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HIGH VIBES, SUPER TRIBAL SOUND HEALING, CHANT & COMMUNITY CONCERT
GATHERING! w/ Grammy nominee / ERYT500 - DALIEN, aka 13 HANDS RECORD RELEASE
PARTY! Saturday night, March 28th 2015 TWISTED TRUNK YOGA, NYC

<http://twistedtrunkyoga.com>

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SUNDAY MORNING 13 HANDS MUSICACCOMPANIMENT for

ALICIA at EASTON YOGA! MARCH, 29th 2015

<http://eastonyoga.com>

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DALIEN, aka 13 HANDS THE SACRAL CHAKRA Yoga & Sound Meditation Workshop Sunday, March 29th 2015 3-5 pm ATLANTIC CLUB 1904 Atlantic Ave. Manasquan, NJ 08736 <http://theatlanticclub.com> =====

HIGH VIBES, SUPER TRIBAL SOUND HEALING, CHANT & COMMUNITY CONCERT GATHERING! w/ Grammy nominee / ERYT500 - DALIEN, aka 13 HANDS RECORD RELEASE PARTY! Thursday night April 2nd, 2015 JIM THORPE YOGA

<http://jimthorpeyoga.com>

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SOUND MEDITATION/RELAXATION THE WELLNESS LOUNGE Wed, April 8th 2015 7 - 9 pm South Orange, NJ <http://wellnessinteractive.com>

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HIGH VIBES, SUPER TRIBAL SOUND HEALING, CHANT & COMMUNITY CONCERT GATHERING! w/ Grammy nominee / ERYT500 - DALIEN, aka 13 HANDS RECORD RELEASE PARTY! Saturday night April 11th, 2015 EASTON YOGA CENTER

<http://eastonyoga.com>

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DALIEN, aka 13 HANDS THE SACRAL CHAKRA Yoga & Sound Meditation Workshop Sunday, April 12th 2015 3 - 5:30 pm One Yoga & Wellness Center

<http://oneyogacenter.net>

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YOGA AND SOUND MEDITATION MUDITA YOGA CENTER Wednesday, April 15th 7 - 9 pm Kingston, NY <http://muditayogacenter.com>

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IN THE SPIRIT, RADIO SHOW, WRPI FM 91.5 GARY GOLDBERG Thursday, April 16th 1 PM interview Troy, NY <http://houseofmica.org>

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SOUND MEDITATION/CHANT CONCERT HOUSE OF MICA PEACE CHAMBER Thursday, April 16th 7:30 - 9:30 pm East Greenbush, NY <http://houseofmica.org>

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SOUND MEDITATION/CHANT CONCERT BODHI SPA & SALON Friday, April 17th 7 - 9:30 pm Hudson, NY <http://bodhiholisticspa.com>

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YOGA BLISS ON THE BLVD CHANT CELEBRATION Saturday, April 18th 12 Noon - 9 pm Schenectady, NY <http://yogablissblvd.com>

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13 HANDS music accompaniment for Sondra Loring Sunday, April 19th 10 am - Noon SADHANA CENTER FOR YOGA & MEDITATION Hudson, NY <http://sadhanayogahudson.com>

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SOUND MEDITATION/RELAXATION THE WELLNESS LOUNGE Wed, April 22nd 2015 7 - 9 pm South Orange, NJ <http://wellnessinteractive.com>

YOGA / SOUND MEDITATION WORKSHOP YOGA SUITE Saturday, April 25th 2-4 pm Aberdeen, NJ <http://yogasuite.net>