



Saturday, December 3 | 12:30pm - 3:00pm

\$40; \$30 for exhale members

SoundBody, SoundMind

The **SoundBody, SoundMind** workshop series was developed by Kirtan Smith to offer the most stimulating, profound, and inspiring yoga experience around! Each installment of the series will feature incredible musicians who will enhance the Asana practice with live music, and enchant us with stories, parables and mantras.

PART 1: LOTUS- a Sacred Symbol with Kirtan Smith, Gaura Vani + Jahnavi

On December 3rd, join us for the first SoundBody, SoundMind “playshop” featuring Gaura Vani on flutes, drums and harmonium, and Jahnavi Harrison on South Indian violin and vocals. Our focus will be the Mystical Lotus Flower. Across the globe, this exquisite flower has intrigued and captivated humanity for thousands of years. Through storytelling, singing and Asana, we will delve into the mythological symbolism of the Lotus, it’s place in the pantheon of Hindu Gods and Goddesses, as well as it’s meaning in Hatha-Vinayasa Yoga and the energetic body. Students of all levels are welcome

Gaura Vani was born in Los Angeles, but at the age of six, moved to Vrindavan, India to study sacred music at a gurukula. There, he learned how to play traditional Indian instruments, such as the harmonium. He brought his knowledge back to the United States, where he formed As Kindred Spirits with Shyam Kishore, a professionally trained Indian percussionist/multi-instrumentalist.

Jahnavi Harrison was raised in an environment full of kirtan from birth. She began studying Western classical violin as a child, exploring different styles of music, from Irish to Klezmer. In recent years, her studies in South Indian dance (Bharatanatyam) have led her to undertake further study in South Indian Carnatic vocal and violin. She is a kirtan singer, writer, dancer, and a visual artist.

Kirtan was born in Los Angeles to dedicated yogi parents. His first trip to India was at the age of 6, and a few years later returned for a year of intensive yogic studies at an Ashram. He completed Teacher Training at the Krsna-Shakti Ashram in Sao Paulo with Regina Shakti, one of Brazil’s foremost Hatha Yoga masters. For 6 years he taught Yoga and guided guests and celebrities from around the world on jungle hikes and ocean kayak tours at an internationally acclaimed Adventure/Detox/Yoga center. He teaches Hatha-Vinyasa Yoga and strives to make Ahimsa the basis of his life. He is known for his attentiveness and care for his students and for infusing aspects of Bhakti (devotion) into his classes. He was recently featured in a Wall Street Journal article on Yoga. For more info please visit: www.TheContentSoul.com



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