



the heart and soul of bhakti the groove and flow of vinyasa

WITH KIRTAN + GAURA VANI

sunday, **april 11** | 2:30pm - 5:00pm
\$60; \$50 if registered by April 7

After the rousing success of their presentation last year, childhood friends Kirtan and Gaura Vani are back for an afternoon of blissful chanting, Vinyasa Yoga, and Prasad (blessed food). Your ears will delight with live music by Gaura Vani and As Kindred Spirits, your spirit will ignite with Vinyasa Yoga, and your taste buds will savor sumptuous Indian refreshments. Come sing and sweat, chant and chaturanga, and dance and down-dog in this awesome fusion of Bhakti and Vinyasa Yoga.



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

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.