



KIRTAN

WITH THE BHAKTI CONNECTION

Join us for an Interactive Gathering...

...creating blissful vibrations to open your heart. Come to elevate Divine consciousness using your body, voice and music. Connect with your higher self and others. All are welcome, and no experience is necessary.

We'll start with a short yoga practice to warm up the body with enchanting live music! If you have a yoga mat & a meditation cushion - please bring along. Refreshments will be served following the kirtan.

Kirtan is an opportunity to experience Naad Yoga (the Yoga of Sound) and Bhakti Yoga (the Yoga of Devotion).

Friday, March 5th from 7-9pm

Donations Accepted for Charity

Surround Circle Yoga

Southminster United Church
15 Alymer Ave, Old Ottawa South
(enter on Galt St – 2nd Floor)