



Kirtan

With Bhakti Mamas & Friends

Saturday

January 21 @ 7pm

Cost is a suggested donation of \$10

Join Bhakti Mamas, Abby Dorn and Holly Moretti, with a few other special musicians at Grow Yoga for Kirtan. Singing Kirtan is a way to practice a form of yoga called Bhakti Yoga or the Yoga of Devotion. It is call and response singing of Sanskrit mantras that open your heart and allow you to connect more authentically to yourself and everyone else around you. It is like a musical meditation. You don't have to be a wonderful singer or a Sanskrit scholar to participate! It can be transformational and all you have to do is show up and surrender to the possibility that music and sound have the power to restore and rejuvenate you.

Doors open at 6:30pm. Music will start around 7:00pm. Bring a beverage or finger food to share and after we sing, we will socialize. It is an excellent opportunity to connect to our wonderful Central Ohio Yoga Community so I hope to see all of you there!!!



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