

Workshops & Kirtan with David Newman **April 18-19th 2009**

Yoga Source in Cummins Station
209 10th Ave South, Studio 126
Nashville, TN 37203
(615) 254-9642
info@yogasource.info

Saturday April 18th, 2-5pm

The Yoga of Sound and The Art of Chanting Workshop

\$45 Advance / \$50 at The Door

Bhakti Yoga is the expression of one's love and devotion for the Divine mystery. The principle practice of bhakti yoga is kirtan, a sacred and ancient practice in which mantras and music are used together to call out lovingly and enthusiastically to the many faces of God. It is often simply called "devotional

chanting". This workshop is a joyful exploration into the art of kirtan. We will delve into the healing power of mantras, the opening of the chakras through sound, chanting as meditation, and the teachings of the saints and scriptures on the nature of Love as a spiritual path. Join David for an inspiring journey of mind opening ideas and heart opening practices.

Saturday April 18th, 7-9:30pm

Kirtan – Devotional Chanting

\$17 Advance / \$20 at The Door

Join us for an inspired evening of call and response chanting and devotional music with Kirtan Chant artist David Newman also known as Durga Das. David's distinctive approach to Kirtan embodies a heartfelt devotional mysticism with an adventurous musicality and poetic intimacy. His Kirtans are a joyous and spiritually uplifting journey into bliss! David will be joined by vocalist and percussionist Mira.

Sunday April 19th, 2-5pm

Inner Fire Yoga: The Yoga of Sound, Mind & Body

\$45 Advance / \$50 At The Door

Join David for a joyful and inspiring experience of rejuvenating Yoga, call and response Kirtan chanting and meditation. This workshop will explore the beautiful dance of sound and silence and the graceful flow between movement and stillness. David's Inner Fire Yoga is a sacred journey that guides the body into bliss, opens the heart to love and leads the mind into peace. David will be joined by devotional singer/percussionist Mira for this very special opportunity for renewal and self discovery.

Check out David's web site for more details on his music.

<http://www.davidnewmanmusic.com>



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PLEASE PRINT CLEARLY

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **E-mail:** _____

Any Injuries or medical conditions? _____

Circle all that apply:

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