

High Desert Yoga presents...

Full Moon Kirtan Meditation & Sound Bath

Join Deva Khalsa, Zhenya Novareign & Jesse Kalapa for an evening of meditation, mantra chanting and naad yoga, the yoga of sound. Surrender to the grace and radiance of the present moment and allow this energizing practice to calm the mind and uplift the spirit. Kirtan invites all to join in, uniting our voices, our hearts and our collective intentions through the repetition of Sanskrit mantras. These ancient mantras and meditations are powerful tools for personal transformation and healing. Following the practice, rest and receive the healing sound bath of gong, didgeridoo, singing bowls, chimes and drums.



**July 27th
August 25th
September 22nd
2018**

7:00-9:00pm

\$20 pre-registered

\$25 at the door

Children Welcome!



High Desert Yoga 4600 Copper Ave NE Abq, NM 87108

www.highdesertyoga.com

More info: 505-227-7965