

Arjun Baba & Jason Kalidas w/ guest Baraka



Notes on Next Week



Please Note the Following Class Cancellations:

Memorial Day
ONLY 9:30am class
ALL Levels Yoga Practice

Night classes Canceled

Friday May 29th
ONLY 10am class
Gentle Yoga

5:15pm Stress Class Canceled

Doors Open for Kirtan @ 6pm on May 29th

Up Coming Events:
Learn Native American Flutes
June 6th 7-9pm

Kirtan Rabbi
July 6th

UPCOMING SHOWS

5/29/2009 Kirtan: Arjun Baba & Jason Kalidas @ Evolutions!
[US Tour Schedule Here](#)

7/6/2009 Kirtan Rabbi @ Evolutions
 more details coming on this Kirtan

Kirtan @ Evolutions

Friday May 29th
Opening Kirtan w/ Baraka 6:30pm
Arjun & Jason start 7:15pm

Tickets \$18
[Purchase Here](#)

[Watch Kirtan Videos](#)

Arjun is one of the best performing Kirtan artists in the US and has played at the top studios across the US and Europe.



Top Questions About Kirtan

1. What is Kirtan?

Kirtan is one of the yogic practices which belong to Devotional Yoga. It is a system of songs which are sung back and forth between the Kirtan group and the audience. It is a practice, just like physical postures, of building the interplay of energy between the teacher and the community... except kirtan is done through music rather than postures.

2. Do I have to sing? (I'm too shy)

No. We understand that for most of you this will be your first kirtan and will be nervous. Think of it as a music concert, except we sit on the floor... yogi style! If you choose to sing after a while, there will be song sheets available for you to learn the songs.

3. Why do you sing in yoga? I thought yoga was doing physical exercise.

There are many types of yoga and they are all part of a greater whole of practices to calm the mind and body. Kirtan works on the heart center and

more details

www.kirtanrabbi.com

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on learning to express your own voice in the world. It builds confidence, and helps you to learn to connect your practice and bring it off the mat and into your daily life.

4. Are the songs in English?

Sometimes, but for the most part they are sung in Sanskrit. Sanskrit is a language that Latin was derived from (English is derived from Latin). Sanskrit is thought to be one of the most perfected languages as its design was such that the entire musical scale is produced naturally in its sounding. It also contains perfect vibratory tones to open the chakras, and is held as the most sacred language on earth. The meaning of any word is powered by the vibrations and tone behind the words, the power of Sanskrit is unmatched. (To understand this point: When someone says something to you and their tone doesn't match the words they are using, we tend to misunderstand them and may get angry because we thought they meant something else... but when someone's tone matches their words we easily understand what they are saying and feel at ease)

5. I don't want to compromise my faith by participating in kirtan, are the songs about God?

Yes, most of the songs are about the Most High. The songs are NOT, however, about "pagan" Gods. They are all about the ONE true Highest Being. Around the globe this ONE true Being has "Many Names, and Many Faces" (thanks Sakshi!)... but the truth of the matter is that we all sing to ONE God... and that singing is not dogmatic, it is not religious, it is not an invasion of a particular faith... it is just singing to your God. We use Sanskrit because of its special vibratory effect on the body... and it also helps you to *feel* devotion when you are able to let go of words you know and just make heart sounds to the Most High.

An example of this is the popular song Amazing Grace. When we sing this song as a community, we are lifted to another realm of heart space. We feel happy, and can feel the happiness of others around us. The practice of singing is used throughout many faith structures for its powerful community healing properties.

I hope this helps. Now... go buy your tickets!! ;)

Blessings.

Peace & Namaste.

jenni

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