

Kirtan with Aimee and Jeff
February 3rd, Sunday, 2:00 PM
Donations Appreciated



Aimee will be playing her wonderful harmonium with Jeff accompanying her on one of his beautiful native American flutes.

Aimee will lead you in a short gentle Yoga practice to warm up your muscles so you can sit comfortably while singing/chanting along to the Kirtan.

Class is by donation and will always be offered the first Sunday in the month at 2:00PM -- this one is February 3rd. (Children 12 or older welcome).

One of my favorite descriptions of Kirtan is:

"Kirtan is part of an ancient form of Yoga known as Bhakti, or the Yoga of Devotion. But in Bhakti we redefine "devotion", we expand the meaning to include every shade of color in the palette of human emotion, turned towards God through song, dance, and worship. These chants have been sung for millennium by sages, sinners, devotees, and the great primordial yogi alchemists of old. And, as we sing, we touch the spirits of the millions of people across the centuries who have sung the same songs and cried the same tears. As we sing, we immerse ourselves in an endless river of prayer that has been flowing since the birth of the first human beings, longing to know their creator."