

KIRTAN

SATURDAY

3rd March

7pm - 9pm

This is an opportunity to experience another dimension of Yoga, the chanting of mantras. The evening will start with a healing mantra which is chanted for the relief of suffering –Mrityunjaya mantra.

The power of mantra is that we don't have to understand the words to experience their effects. We can simply offer the words from our hearts.

ALL WELCOME

For more information contact:

Sue Little 01535 609488

Anji Craven 07786255211

Yoga Basement, Thwaites Brow, Keighley

www.yogainyorkshire.co.uk

