

Kirtan with Shantala and Krishna Kaur together Friday March 4th 8-9:30pm
Krishna Kaur Yoga Training Workshop Saturday and Sunday March 5th-6th

Join us Friday March 4th in benefiting our ongoing volunteer yoga classes at local Youth Detention Centers and Adult Correctional Facilities! www.jailhouseyoga.com



Kirtan and Chanting Friday March 4th 8:00-9:30pm

Award-winning international artists and partners in music and in life Heather & Benjy Wertheimer open hearts around the world with their passionate music. Shantala creates a sublime soundscape of musical harmony between East and West with soul-stirring vocals, sacred lyrics and exotic instrumentation. The music carries the audience through a journey of ethereal beauty, ecstatic percussion, and singing with the devotion of the heart. Call and response chanting with Shantala is fun, uplifting, and inspiring. For more information on Shantala, check out their web site at: www.shantalamusic.com



Tickets are \$12 in advance and \$15 at the door.
 Call: (425) 644-8885 or e-mail: b1yogi@mindspring.com

Location of Kirtan & Workshop: Yoga House of Bellevue 12015 N.E. 8th St. Bellevue, WA
 (425) 644-8885 or b1yogi@mindspring.com

Join us Friday evening March 4th and meet Krishna Kaur. Krishna Kaur will begin the evening with a brief introduction on the weekend workshop and lead into the evening's main event Kirtan chanting with Heather & Benjy Wertheimer –Shantala!



Your Own Greatness Affirmed Workshop March 5-6th

Krishna Kaur is a well renowned international yoga teacher. This workshop will prepare you to teach teens and At-Risk youth and create a sacred positive learning environment. It is a workshop for anyone wanting to intensify their practice, skills, and build a knowledge base of Higher learning. You will gain a greater understanding of yoga principles also known as the "eight Limbs" and yoga's history. Extend your boundaries of what's possible. Tap into your inner wisdom. This course is 11 hours: Saturday March 5th from 12:00pm - 5:30pm and Sunday March 6th from 9:00am - 3:30pm with a break for lunch. For more information on Yoga-for-Youth go to www.yogaforyouth.org



Tickets are \$250 in advance \$280 at the door.
 No student will be turned away due to lack of funds.
 Call: (323) 735-0500 or e-mail: whatsup@yogaforyouth.org

