

Delving into the Heart Through Kirtan

kirtan

song, breath, devotion, community

with Natalie Ullmann

Friday March 9, 7:45-9pm

Kirtan is the ancient Indian practice of call and response chanting, Known for calming the mind and aligning the practitioner with the heart, kirtan allows us to move into a space of deep knowing and discovery of the self.

In this workshop we will explore the art of kirtan for personal use. Students can expect to spend considerable time singing, and some time exploring the uses and meanings of the different chants. Students can expect to go home with a foundation that will allow them to knowledgeably explore the world of chanting, and begin to establish a home chanting practice.

Natalie Ullmann has been singing as part of her yoga practice since before 1999 and has taught chant in asana class since that time. Her explorations deepened in 2004 when she began attending Kirtan Camp Intensives with her heart teacher Jai Uttal. After completing four Kirtan Camps and numerous workshops with Jai she went on to explore the world of sound and chant through workshops with the other pioneers of American kirtan: David Newman, Bhagavan Das and Shyam Das and others, and with several teachers of classical Indian devotional music (Acarya Roop Verma, Deepak Kumar and Kankana Banerjee). Her passion is working with others to explore the cave of the heart through all forms of sound and music.

CLASS PRICE PLUS \$10. PLEASE REGISTER IN ADVANCE.



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