



SUNDAY 24 FEB

Time: 7 - 8.45 pm

**Where: Somatic Sanctuary,
410 W. Ojai Ave, Ojai**

Exchange: \$20
no one turned away
for lack of funds

SING YOUR HEART OUT **kirtan**

SUNDAY 24 FEBRUARY 7 - 8.45PM

Love is in the air this month! Awaken your heart and tap into the source of divine love that dwells within through mantra and song. Join Julia Berkeley and her amazing musical friends for a delicious evening of kirtan. Calm your mind, soothe your soul and take refuge in the everpresent unconditional field of love.

WHAT IS KIRTAN?

Kirtan is a call and response chanting practice that moves the heart towards an experience of inner silence, boundless love, and intimate union with the Divine. Whether it's your first time or you've been doing it forever this practice will uplift

your heart and soul. Krishna Das says *"The ability to sing beautifully is enjoyable, but not necessary. What matters is singing from the heart."* You don't need to be able to sing, just be willing to give it a go and feel the effects!

Julia Berkeley, Dave Cipriani, Katrina Maclachlan and Leonice Shinneman bring a whole bundle of musical talent, percussion, devotion and kirtan experience to support the evening and uplift your heart's energy. For more info visit www.juliaberkeley.com



SOMATIC
SANCTUARY