

HeartSong Kirtan

KIRTAN CALLS YOU BACK TO YOUR HEART

COMMUNITY KIRTAN ~ FAMILY POTLUCK

with Jeri Nirbhao Kaur Birdsall & Clark Jamison

Sundays ~ 4-6 pm

October 21st ~ November 18th ~ December 16th

EFFORTLESS! EXPANSIVE! JOYFUL!

CELEBRATORY! DEVOTIONAL! DIVINE!

INSPIRATIONAL! PEACEFUL!

“Kirtan is a practice of mantra chanting that stills the mind and frees the heart. Sung in call-response form, ecstasy is both the process and the product.”
~ Dave Stringer

“Kirtan is for all people. There are no experts, no beginners. The practice itself is the teacher, guiding us to ourselves.” ~ Jai Uttal

www.iamlearning2fly.com
www.heartsonpathways.com

LEARNING2FLY

*Aerial Fitness, Circus Arts, &
Yoga Center with Sumya Anani*

4711 Lamar ~ Mission, KS
(off I-35 & Lamar in giant,
white geodesic dome)

Bring a healthy dish to share
after Kirtan.

Children are welcome!

Love donations graciously
accepted!

