

Kirtan evenings at BoCo

Definition of 'Kirtan': a Sanskrit word that means "narrating, reciting, telling, describing" of an idea or story.

Join Ayls and Jane for an evening of chanting to get in touch with your **vocal power** and **dissolve stress** through the vibrations of sound.

Relax the mind and open the heart

Open to all who wish to explore this practise of Yoga; you do not need to be a singer!

Next confirmed dates:

Friday 21st of June, Friday 19th of July

8:30pm to 9:30pm

£10pp, donated to local charities

To book:

email: bookings@boco-uk.com or call: **0208 399 3930**