

KIRTAN

A JOURNEY THROUGH SOUND, TO THE HEART OF YOGA

on 2nd Sunday each month*

6 -7pm

£10**

*Some dates tbc **At least 50% of the proceeds will be donated to support local charities



We are delighted to be bringing this uplifting and healing sound meditation to the studio!

Kirtan is rooted in the Bhakti Yoga tradition, the Yoga of devotion, Together we will be chanting simple yet powerful mantras to connect inwards.

Holly Hood will lead the chants in traditional call and response, accompanied by the harmonium and drum.

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

Confirmed dates: **11th March & 22nd April**

To book:

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