



# Kirtan

with Anais Starr

“Kirtan is a means of finding our way back to the core of our Being, to our heart, and to our connection with each other.”

~ Ragani

## What is Kirtan?

Kirtan is singing — repetition of words in call and response format. Songs may be in Sanskrit or Punjabi. The chants contain powerful renewing and transformative energy.

Kirtan can be fun, exhilarating, joyful, moving — it’s your experience. It’s the opportunity to sing with others without worry over sound or appearance. You can relax — and let go!

Kirtan is non-denominational. There are no experts, no beginners. The practice itself is the teacher, guiding us to ourselves.

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### Where

Yoga Heart Studio - 314A Main Street,  
Polson, Montana

### When

Saturday, October 19, 2013  
6:00 - 7:30 pm

### What to Wear

Comfortable clothing. We will be sitting on the floor (chairs available.)

### What to Bring

Yoga mat and a cushion and/or a blanket, water bottle.

IT'S  
FREE!

