

# Two Dog Yoga



**Gina Salá**

**Power of Mantra, Matrika Shakti and Kirtan**

Come experience the power and pleasure of your voice in precisely pronounced mantra (tools to free the mind) to create transformation, inner spaciousness and experience inner peace.

With warmth, humor and very clear pronunciation guidance, Gina Salá offers participants a chance to experience directly the powerful and liberating effect of mantra on our whole system. This is a three part series. In the first two workshops, Gina will offer stories and guidance in chanting Bija (seed) mantras, and others to tonify and clear our energy centers for more vitality, clarity, and peace. In the third session, she will offer a joyful grooving kirtan- heart opening, blissful community call and response chanting of sacred names. All welcome, no belief system needed. Gina is a masterful teacher with decades of study and teaching of Sanskrit mantra and of leading kirtan. The mantra are tools that help us directly experience the Self.

**3 Thursdays, 7:00 - 9:00 pm**

March 19 and 26 - Voice Workshops

April 2 - Kirtan/Celebratory Chanting



**\$85 for all 3 sessions | \$40 per single class | \$25 Kirtan only**

No one turned away for lack of funds.