



**Date:** Fri-Sat, Apr 11-12, 2008

**Location:** Moksha Riverwest  
700 N Carpenter

**Suzanne Sterling** is an ecstatic vocalist and composer whose devotional music has been called a "groove-loving and seductive journey into Spirit." She has received critical acclaim both as a performer and as a recording artist and her music has been commissioned for film, theatre and DVD including the bestselling yoga DVD's "Vinyasa Flow Yoga 1 and 2" with Seane Corn.

She performs and facilitates retreats and workshops in the U.S. and abroad, and brings a special blend of music, kirtan and sacred ceremony to events as far reaching as yoga retreats, emerging culture conferences, and music festivals - most recently as featured artist at several Yoga Journal Conferences. Suzanne is also co-founder of The Yoga Groove Collective, which is dedicated to creating benefit classes and events that serve the yoga community and several other important causes. [www.suzannesterling.com](http://www.suzannesterling.com)

REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, ST, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

**\$15 DEPOSIT REQUIRED TO REGISTER**

PMT AMT  CASH  CHECK  VISA/MC  AMEX  DISC  ONLINE

CARD No. \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

OFFICE USE ONLY

OMBASE ENTRY BY \_\_\_\_\_ DATE \_\_\_\_\_

REG LETTER MAILED BY \_\_\_\_\_ DATE \_\_\_\_\_

EMAIL CONFIRMATION \_\_\_\_\_ DATE \_\_\_\_\_

W O R K S H O P  
& K I R T A N

S U Z A N N E  
S T E R L I N G

*The Sound of the Sacred*

**Workshop & Kirtan**.....\$60 (\$70 after Apr 3)

**Workshop: Integrating Sound, Mantra & Singing into Your Yoga Practice**

**Fri, April 11, 6:30-9pm** .....\$30 (\$40 after Apr 3)

**Sat, April 12, 10am-12:30pm**.....\$30 (\$40 after Apr 3)

**Both Sessions**.....\$50 (\$60 after Apr 3)

You will learn about the history and science of sound, as well as using the power of sound as a tool to enhance your yoga and life. Explore ways to combine yoga asanas with sound, mantra, pranayama, and guided meditation, thus deepening your understanding of the interconnectedness of these various yogic practices.

We will focus on freeing the natural voice, developing awareness of the breath and body, clearing the emotional body, listening to our innate wisdom, allowing creativity to expand, and tapping into the sacred self and the connection with the Divine.

**The workshop will include:**

- History & power of sound & mantra in spiritual traditions
- Physics of sound & sound healing
- Awakening & refining the subtle energy body through toning, chanting & singing
- Expressing the authentic & natural voice (pranayama & voice techniques for effortless singing)
- Simple & precise practice combining asana with sound & mantra
- Chanting & celebration

**Kirtan: The Sound of the Sacred**

**Sat, April 12, 7:30pm**.....\$15 (\$20 at the door)

To sing in call and response fashion is universal. It brings people together in a unified experience, the aim of which is to achieve a state of ecstatic union within oneself and within the company of fellow seekers. Singing empties the mind and frees the heart. A natural extension of a yoga practice, ecstasy is both the process and the product. Sing along with complete abandon and meditation follows effortlessly, awakening subtle energies and shifts in perception.

Kirtan (from the Sanskrit word meaning "to sing") is a folk form of mantra chanting that arose from the Bhakti movement of 15th century India. The Bhaktis wrote ecstatic love poems to the divine, and went around singing all the time. Their message was simple: Cultivate joy.

Come join Suzanne and some of the best devotional musicians in Chicago for a night of participatory chant and intentional prayer. There is no prior experience necessary - just a deep soul desire to sing yourself Awake!!

