

2011



SANTA BARBARA YOGA CENTER™

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Advanced Studies

&
Yoga
Teacher
Training
Program



The
ART
&
PRACTICE
of

KIRTAN
a Weekend Kirtan Camp

with **Jai Uttal** and **Daniel Paul**
July 8, 9 & 10, 2011

DATES: One weekend, 16 hours: July 8, 9 & 10, 2011

TIMES: Friday, July 8: 6:00-9:30 PM
Saturday, July 9: 12:00-4:30 PM & 7:00-9:30 PM
Sunday, July 10: 12:15-5:45 PM

PLACE: Santa Barbara Yoga Center • (805) 965.6045
32 East Micheltorena Street, Santa Barbara, CA 93101

PRICES: \$325 if full payment (deposit plus balance) is made by May 27, 2011 (Includes admission to public Kirtan)
\$375 if balance is paid after May 27, 2011 (Includes admission to public Kirtan)

DEPOSIT: \$200 deposit, required to reserve your place, is refundable (minus \$85 cancellation fee) only until 6/10/11.

BALANCE: Balance is due by, and is only refundable until, June 10, 2011. NO REFUNDS after 6/10/11.

The ART and PRACTICE of KIRTAN: A Weekend Kirtan Camp

This training is for those who aspire to lead Kirtan; those who wish to enhance their Yoga teaching with chanting; and those who simply wish to immerse themselves in the vast ocean of Bhakti.

In this very special retreat Jai and Daniel will share some of the many tools they use in their Kirtan practice, such as a beginning understanding of Indian music and rhythm, so that the participants can leave with the feeling that they, too, can dive into this world of Bhakti on their own, that any of us can sing and share our hearts with others.

Kirtan is part of an ancient form of Yoga known as Bhakti, or the Yoga of Devotion. It is the practice of singing over and over the many names of God and the Goddess, the multi-colored manifestations of the One. It is said that there is no difference between the name and that which is being named, and as the words roll off our lips in song, the Infinite is invoked, invited, made manifest in our hearts.

Kirtan is for all people. There are no experts, no beginners. The practice itself is the teacher, guiding us to ourselves. Kirtan allows us to enter into a mystery world – a world where all the logic of our minds, all the conditioning and learning are left outside. And in this mystery, we create a temple inside of our hearts, a place of refuge, a place of love, a place of just being.

Areas of Focus:

- **Kirtan** - As the essential practice of Bhakti, Kirtan will be the main focus of this training. We will spend many hours singing together, sharing melodies, and sharing our hearts.
- **Bhakti Yoga** - Understanding the path of Bhakti and Kirtan, as a journey of surrender; an offering of one's entire being to the Divine will.
- **Mantras** - Experiencing the invocational power of the ancient Sanskrit syllables and names in ecstatic song and silent contemplation.
- **Gods and Goddesses** - An exploration of the energies embodied by the different deities of Hinduism. Understanding the spiritual beings on the mythological, archetypal and deeply personal levels.
- **Ramayana** - Studying and reciting the multi-leveled epic adventures of Ram, Sita and Hanuman; and how this story relates to our daily lives.
- **Saints** - Drinking from the waters of Bhakti by reflecting upon the lives of some of the saints of modern India, particularly Neem Karoli Baba.
- **Vocal Training** - Opening the voice and learning to love the sound that comes from our bodies.
- **Rhythm** - Beginning to understand the rhythms associated with Kirtan; the rhythms of trance, the rhythms of ecstasy, the rhythms of contemplation.

The INSTRUCTORS:

JAI UTTAL, a sacred music composer, recording artist, multi-instrumentalist, and ecstatic vocalist, combines influences from India with influences from American rock and jazz, creating a stimulating and exotic multi-cultural fusion that is truly world spirit music. Having traveled extensively in India, where he met many beautiful saints and singers, Bhakti yoga became his personal path. Jai has been leading kirtans around the world for more than 30 years, creating a safe environment for people to open their hearts and voices. His sixth CD, "Mondo Rama", received a Grammy nomination, and he has since released five CDs for the Sounds True label entitled "Kirtan! The Art and Practice of Ecstatic Chant," "Music for Yoga and Other Joys...", "Loveland," "Pranayama," and "Dial M for Mantra." www.jaiuttal.com.

DANIEL PAUL has performed on the tabla drums with a myriad of artists, from drum orchestras to dancers and musicians of many cultures. He earned his nine year degree in the classical music of India from the Ali Akbar College of Music in 1984. Then in 1987, a Fulbright Award for research in India led him to find a new love in the folk music of kirtan chanting, and to eventually become Jai Uttal's principle accompanist. In workshops he also presents a tabla solo and simple introduction to the history and theory of 'raga and tala', the melodies and rhythms of India. For further info see: www.drummersark.com.
