



Yoga and healing sound experience  
with special guest  
Jason Kalidas (UK)  
Saturday 14/08 and Sunday 15/08

Jason, Luc, Teune and Elsie invite you to an amazing morning of bhakti, through asana, meditation and Kirtan.

Renowned Tabla and Bansuri player Jason Kalidas tours with some of the worlds greatest kirtan artists including Dave stringer and Bhagavan Das. He also gives solo concerts and Nada Yoga sound journeys. We are very fortunate to have our friend with us for a weekend. So come and enjoy!

## Program

Saturday 20.00 ... Kirtan Concert  
Music: Jason en Luc

Sunday 10.00 - 13.00: Journey into Yoga & Healing Sound

Jason, Luc, Teune and Elsie invite you to a dynamic morning of bhakti, through asana, meditation and Kirtan. We finish the session with sound meditation and yinyoga. We combine yoga asana with healing sound using Raagas on Bansuri and rhythm of Tabla, simple Mantra toning with Harmonium and simple Kirtan (chants).

Yoga: Elsie and Teune

Music: Jason and Luc

Address: AntwerpYoga, Frankrijklei 107, 2000 Antwerp

Date/Time: Saturday 14/8 20.00 - ... & Sunday 15/8 10.00 - 13.00

Registration: [info@antwerpyoga.be](mailto:info@antwerpyoga.be)

Payment: Dexia Antwerpen 063-3991221-94, IBAN: BE87 0633 9912 2194, BIC: GKCCBEBB

Price: yoga session: 45 Euro (22,5 with VDAB opleidingscheques), Kirtan session: 20 Euro

[www.AntwerpYoga.be](http://www.AntwerpYoga.be)