

SA RE GA MA PA DHA NI SA



Daniela Ardalla is a yoga instructor,
dancer and musician. She studied in Argentina,
India, and the U.S. and co produced
Classical Indian music.

Songs and Mantras of the World

In this workshop
we'll chant to the vibes of Indian Mantras and Brazilian Folk songs.
Bridging different cultures, the songs nonetheless share the same desire
for prosperity and well being.

We'll first warm up our bodies and voices with yogic breathing exercises.
Then we'll be guided to a space of meditation and receptivity,
so we can learn, sing and enjoy the music.
Gathering voices and instruments to create a sense of community.



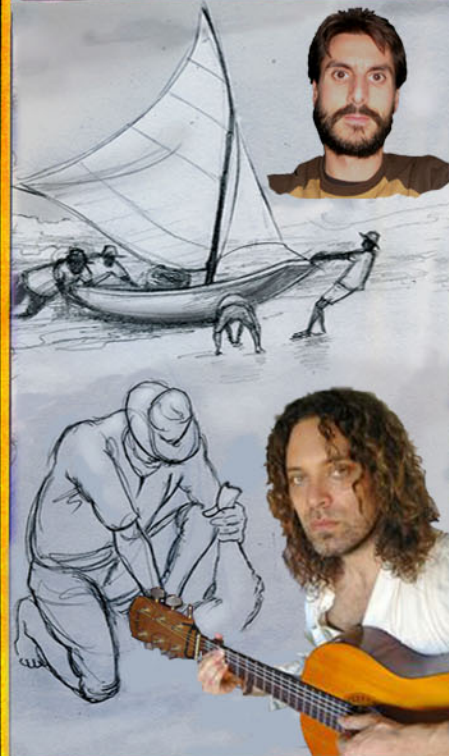
cost: \$ 15

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Saturday the 23rd of February 2008
4:30 to 6 pm
at Santa Monica Yoga, 1640 Ocean Park Blvd, SM

Arnaud Damasceno is
a French and Brazilian artist,
yoga instructor,
and musician.



Francisco Leon is
a musician and world music
researcher. His guitar playing incorporates
many different styles
of the Americas.