

*All are invited to attend*

# **Kirtan** **Call-and-Response** **and** **Singing Meditation** **Dharma Talk**

at Unity by the Shore

3508 Asbury Avenue, Neptune, NJ 07753

(732) 918-3395

*Sunday March 15*  
*12:30 — 2:00 pm*

Suggested Love Offering \$20



Kirtan is an ancient system of meditation from India that involves singing in call and response. It is soothing and uplifting, relieves one of all stress and anxiety, and brings happiness and fulfillment within. There will be song sheets so that everyone can participate

The Dharma Talk will be about finding peace and happiness within while living in the modern world

The kirtan & dharma talk will be given by Patita Pavana, a native of Monmouth County who has been studying, practicing, and teaching Kirtan for over 25 years in the US, Peru, Canada, England, and India