

The Spirit of Kirtan



All children sing and hum to themselves; it is a natural bubbling up from inside to express freedom and contentment. *Kirtan* is not sung as a performance. *Kirtan* is to be sung like a child singing with the joy of simply being alive.

Singing ancient Sanskrit mantras deepens the space for meditation. The vibration of the Sanskrit language is in tune with the subtle energies of the human nervous system. Therefore, singing *kirtan* creates a stillness, which alleviates the involvement with daily concerns and uncovers our inherent love and joy.

You need not be able to sing in tune to be enriched by the atmosphere of *kirtan*. However you participate, *kirtan* uplifts the spirit.

“Kirtan is a direct and heart-felt way to access the source of our vitality and unleash the spirit of our original freedom.”

—Rebecca

“Kirtan is a profound channel for meditation. The meditative space that kirtan cultivates is tangible in the nervous system and in the mind.”

—Mayank

About Rebecca & Mayank

Rebecca and Mayank have devoted a life-time to meditation in the Himalayas of India. Having evolved a state of clarity in their meditation and yoga practice, they are now travelling to share their findings with all those whom they meet.

In 1985, Rebecca travelled from N.Z. to India to immerse herself in a yogic lifestyle of meditation and Self enquiry, according to *Advait Vedant* philosophy, the vision of Oneness. She now teaches online courses, facilitating Self enquiry and meditation.

Rebecca also hosts meditation retreats in a Himalayan village, inspiring freedom from the mind's limited perspective, to open our potential to live an integrated and fulfilled life.

Mayank is the co-host of Retreat Himalaya and teacher of Fundamental Movement and Soma Yoga. He travelled to India in the early 80's to live a yogic lifestyle. He is also a watercolour artist and musician, playing guitar, *tabla* and *dholak* (Indian percussion instruments). Having experienced the unifying power of music, Mayank has realised the subtle interconnectedness between all.

