

# Evening of Vedic Chant

With Lucy Crisfield

*Experience the healing effect of call and response chanting*

Both Yogic and Vedic texts describe sound as being the most subtle and profound medium through which to raise consciousness. Experience and learn the art of chanting the Vedas; texts presented in Sanskrit which contain a wisdom that is timeless. Feel the power of the Sanskrit words as they take you on a journey deep inside yourself allowing you to connect with your unique sound.

- **Friday July 29th, Sitram Yoga Studio, Stroud, 19.30–21.00**
- **Suggested donation £5–10**
- Lucy Crisfield teaches in the Lineage of Sri Krishnamacharya
- For more details contact: [lucycrisfield@gmail.com](mailto:lucycrisfield@gmail.com), 07791 588 597