



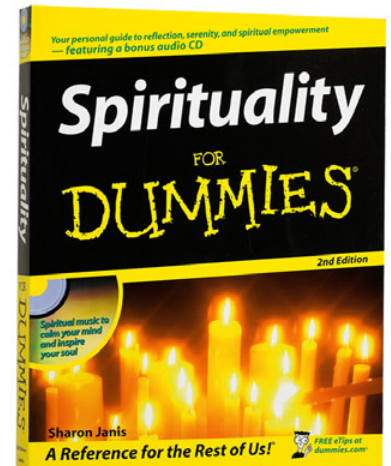
Laugh, Chant, Expand Your Mind

Workshops, Seminars,
Concerts, and Retreats
with Kumuda Sharon Janis

Speaker, philosopher, singer and
author of *Spirituality For Dummies*

Motivational, entertaining and enlightening presentations with colorful stories, philosophical contemplations, current events commentary, touches of music, and a generous dose of humor.

- Ancient Wisdom for Modern Times
- Indian-Style Kirtan Chanting
- A Natural Approach to Spiritual Awareness
- Guided Meditations and Contemplations
- Personal Stories, Folk Tales, and Scriptural Wisdom
- East-West Sacred Music Concerts



From Michael Beckwith, "The Secret," *Spiritual Liberation*:

"*Spirituality For Dummies* is a Mecca for those who are sincerely seeking the genuine meaning and practice of spirituality. Sharon Janis fuses mystical insights drawn from the east/west approaches, resulting in a volume that opens the heart, exhilarates the mind, and inflames the soul. No matter upon which rung of the spiritual ladder you now stand, expect to be catapulted to the next level of awareness through practice of the wisdom-offerings in this scripture of Truth."



More info, including bio and video clips at:
www.spiritualityspeaker.com

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Kumuda Sharon Janis

Workshops, Courses, Retreats, and Concerts

Discussion, music, chanting, contemplation, humor and lots of stories!

"I am very grateful to you for bringing more light, wisdom and authenticity to our Merry Band." – John Friend, founder of Anusara Yoga

Yoga: It's Not Just About the Body: Explore and experience the important paths of Bhakti, Jnana, Karma, and Raja Yoga.

The Soul of Kirtan: Kirtan chants sprinkled with stories and teachings. Kumuda chanted and played instruments with Baba Muktananda and Gurumayi Chidvilasananda, and leads kirtans in traditional ragas and melodies, with a modern flair.

The Inner Makeover: A popular course at the Golden Door Spa, guiding participants to shine their light and inner beauty.

Kashmir Shaivism: It's All a Bunch of Chit: A humorous yet deep exploration of the philosophy of Kashmir Shaivism, including the *Shiva Sutras*, *Pratyabhijnahridayam* and *Spanda Karikas*.

Guru-Disciple Stories and Lessons: Kumuda shares personal and traditional stories about gurus and disciples, with scriptural chanting, discussions, and songs about the nature of the Universal Grace-Bestowing Power called Guru.

The Poet Saints of India: Ecstatic meanings, experiences, and stories behind the devotional words and music of Indian poet saints, including Tukaram, Janabai, Surdas, Mirabai, Jnaneshwar, Kabir and Shankaracharya.

Sacred Music Concerts: Songs from Hindu, Christian, Buddhist, Sufi, and Jewish traditions, with introductions and translations.

From the Center for Creative Spirituality:

"Thank you for a wonderful workshop – it was one of the best things we've offered and enjoyed at the Center for Contemplative Spirituality. You have such a broad overview of the spiritual life, and therefore, your perspectives and wisdom are especially helpful. It was awesome to have you with us, to hear you sing, to chant with you, to hear your stories and jokes."