

FOR IMMEDIATE RELEASE

St. Louis Native AJ Nowak Bringing ‘Healing Voices Kirtan’ to Hometown City *Blue Sky Yoga St. Louis to Host Evening of Devotional Mantra Music*

Los Angeles, CA – Healing Voices Kirtan, led by St. Louis native AJ Nowak, is excited to announce its premier Kirtan in the St. Louis area. This musical, non-denominational, community event will take place at 7:30pm on Saturday, November 18 at Blue Sky Yoga St. Louis, located at 3525 Watson Road, St. Louis MO 63139. Healing Voices Kirtan invites attendees to come experience this devotional, meditative, and healing practice of call-and-response chanting of Sanskrit mantras.

Born and raised in St. Louis (though currently residing in Los Angeles), AJ’s kirtan journey began more than five years ago when he was invited to attend a kirtan led by one of his close friends. “Like many people, I was tentative and skeptical,” AJ recalls. “I remember thinking ‘What is this bizarre thing of sitting on the floor and chanting in a language no one knows? Who and what are we chanting about? To? For? And exactly how is this supposed to help me?’ But ultimately, once I allowed myself to feel the music and feel the vibration of the language in my body, something shifted within me. I floated out of that first kirtan, and from every kirtan since. You totally bliss out.”

Shortly after that first kirtan experience, AJ began singing with the group he’d seen that evening: Tim Jordan Kirtan. In 2014, they released their first album “Heart & Spirit,” on which AJ sings lead vocals for two of its 10 tracks. Around the same time, AJ delved more deeply into his study of kirtan leadership under the tutelage of Mike Cohen at the Kirtan Leader Institute, and was soon producing and leading his own kirtan events under the Healing Voices Kirtan moniker.

“The healing aspect of this practice has always resonated very powerfully with me,” he says. “Something physiological happens with your body and your energy when you chant these mantras, even more so when a community gathers to chant together. That’s why I do my best to make my kirtan events accessible and enjoyable – musically, spiritually, energetically – to those who choose to attend and participate. I really can’t think of anyone who wouldn’t want or benefit from a some loving, healing energy. The world needs a little more of that vibration at the moment, too. And I’m incredibly excited to be bringing Healing Voices to my hometown!”

Healing Voices Kirtan is open to the public. Tickets are \$10. Advance reservations are recommended and can be purchased at healingvoiceskirtan.com/events. Ample street parking is available. Attendees should dress comfortably and be prepared to take off their shoes (out of respect to ancient yoga traditions). Bolsters, blankets, and chairs will be available in limited supply, so it’s encouraged to bring a pillow or bolster on which to sit.

Media inquiries: aj@healingvoiceskirtan.com • 323-835-4021

About AJ Nowak: AJ Nowak is a Los Angeles-based recording artist, producer, and kirtan leader. For more than five years, he’s performed with various kirtan groups in LA. He founded Healing Voices Kirtan in 2014 and has produced multiple events around Los Angeles and Minneapolis. He is currently in production on an album of original mantra music, planned for release in 2018.

healingvoiceskirtan.com

About Blue Sky Yoga St. Louis: Blue Sky Yoga St. Louis is a warm and welcoming neighborhood yoga studio with classes designed for everyone. The studio, located in south St. Louis, offers well-rounded classes at all levels 7 days a week, as well as a variety of events and innovative workshops. Blue Sky Yoga is dedicated to helping its students grow physically, mentally and spiritually.

blueskyyogastl.com