Kirtan Description

Kiran is a Sanskrit word meaning "praise" and comes from the ancient tradition of Bhakti Yoga (the yoga of devotion). It is a practice of group singing/chanting of sacred names or mantras which are used as a means to focus attention, tune in, and resonate with the Divine Spirit that is within each of us.

International Kirtan Wallah Jai Uttal described it best when he said:

*”Kirtan is for all people. There are no experts, no beginners. The practice itself is the teacher, guiding us to ourselves. Kirtan allows us to enter into a mystery world-a world where all the logic of our minds, and all of the conditioning are left aside. With Kirtan, we create a temple inside the altar of our hearts, a place of refuge, a place of love, and a place of just being."*