

SUBTONIC

a music yoga experience at Zev Yoga Studios



"Music that transcends our time while being rooted in the past, music that soars to the heavens while keeping us in touch with the earth." — EastWest Journal

Randy Armstrong

Randy Armstrong is the co-founder of Do'a World Music Ensemble and Unu Mondo and has performed throughout the United States, Canada, Belize, India, Ghana, South Africa, Croatia and Slovenia and at such diverse venues as Lincoln Center, Carnegie Recital Hall, Omega Institute, Maharishi International University and Indira Gandhi Stadium in Delhi, India, among others. A pioneer in World Fusion Music, he has appeared on over 30 internationally released albums and film scores. Performing from a collection of two hundred instruments from around the world, Randy has taught sitar, tabla and West African drumming at Phillips Exeter Academy and for Plymouth State University.



Jonas Zev

Jonas Zev Amberger received an advanced degree in Ayurvedic Medicine (science of longevity and rejuvenation) from the Kalidas Sanskrit University in 2004 under the tutelage of Dr. Sunil Joshi and has been studying the healing system of Ashtanga Yoga since 1996. He has successfully founded and directed two schools of Ashtanga Yoga in Portsmouth, NH and Great Barrington, MA. and continues to share his understanding and passion for holistic wellness. Currently, his hobbies include trail running, listening to the sounds of nature and making the practice of yoga accessible and enjoyable for all levels of ability.

SCHEDULE

Tuesday, October 6, 8pm

Tuesday, October 13, 8pm

Tuesday, October 20, 8pm

Tuesday, November 3, 8pm

Tuesday, November 10, 8pm

Tuesday, November 24, 8pm

Tuesday, December 8, 8pm

Tuesday, December 15, 8pm

Monday, December 21, 8pm (Winter Solstice Celebration)

Zev  Yoga STUDIOS

We invite you to rethink yoga

top floor, above Breaking New Grounds
Portsmouth, New Hampshire

www.zevyoga.com