

Rhythmic by Nature

Terri Segal 21 Kenwood Avenue, Toronto, Ontario, M6C-2R8 416-662-6488 www.rhythmicbynature.com

Rhythmic Foundations (RF): 8-Week Beginner Drumming Program

Experience the benefits of drumming, self-expression, creativity, and play.

No previous drumming experience is necessary.

Some Djembes are provided or *bring your own*.

Program Focus:

- Learn West African Ensemble rhythms, Global Grooves & accompaniment parts on World Percussion; claves, bells & shakers – *infused with your own creativity and unique 'voice'*.
- Develop basic hand drumming (Djembe & Dundun) techniques
- Gain confidence playing in a group; listening, communication and leadership development
- Self-expression, self-care, and play!

Wednesdays: October 21 – December 9

Time: 7:30pm – 9:15pm

Special Guest on November 4 – Join Soundwork Practitioner, Anne Marie Boudreau for an evening of sonic exploration & play www.annmarieboudreau.com

Location:

918 Bathurst Street (www.918bathurst.com/contact_us.html)
2 blocks North of Bloor, near Bathurst Subway Station

Cost Includes:

- 2 Free passes to our Monthly Community Drum Circles
- notation for rhythms
- Mp3 sound files of rhythms

Rhythmic Foundations: Beginner Drumming Program

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Name:

Address:

City: **Postal Code:**

Telephone: **Email:**

Please check the option you want:

Cost:

Full payment: \$200 incl. gst _____

I have referred a friend who is taking the class too! - \$150 _____

Please make cheque payable to Rhythmic by Nature

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we are all rhythmic by nature