

EXPRESSIVE DRUMMING

with chanting & dancing

A supportive environment
facilitated by Rose Husted

Fridays 7pm-8:30pm \$8

location to be announced

www.expressivedrumming.com

607-221-7308



Each week includes:

- Creating sacred space using sage, shakers, and guided meditation
- Use of our drums & shakers (pictured above - not for sale)
- Practicing songs: Native American, Hindu, Buddhist, African or Sufi
- Guided improvisation
- Meditation by candlelight: freestyle vocal toning, drumming, dancing
- Sharing about the experience: passing the talking stick
- Closing ceremony: releasing & grounding
- Gathering for group picture, collecting feedback forms, socializing

Feedback & photos posted on website with permission

