

TaKeTiNa Workshop

When:

Sun., Feb. 22, 2009
1:00-4:00 pm

Where:

Rhythmix Cultural
Works
2513 Blanding Ave.
Alameda, CA



2009 Special!

\$35.00/person

LED BY

ELAINE FONG

In these times of upheaval, is it possible to experience learning at the edge of chaos?

TaKeTiNa is a powerful process that can rapidly quiet the chatter in your head and bring you into connection with your inner core. Through vocalization, clapping and stepping you are guided into three separate rhythmic layers which directly effect your nervous system and bring a more clear and direct experience of the world.

It is a new way of learning and understanding rhythm through a group process - - perfect for beginners and professional musicians alike!

Come spend an afternoon in our TaKeTiNa rhythm circle
accessing your body's innate rhythmic knowledge.

INFORMATION/REGISTRATION: Elaine Fong (617) 842-8565 or enf1234@att.net

MAKE CHECKS PAYABLE TO: RCW

SEND CHECKS TO: Elaine Fong c/o Rhythmix Cultural Works, 2513 Blanding Ave., Alameda, CA 94501