



When: Saturday, July 29, 2 - 5 pm

Where: Rhythmix Cultural Works
2513 Blanding Ave.
Alameda, CA 94501

Info: Elaine (617) 842-8565 or
enf1234@att.net

Cost: \$35 (\$5 off if you have
participated in a previous 2009
Taketina workshop at RCW)

Please make check payable to
Rhythmix Cultural Works and mail to:
Elaine Fong
Rhythmix Cultural Works
2513 Blanding Ave.
Alameda, CA 94501

Taketina - the Healing Power of Rhythm

Do you get so lost in busy-ness that you feel like a human-doing rather than a human-being? Would you like to reconnect to your essential nature?

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 affects your nervous system and brings a clearer, more direct experience of the world.

Taketina is a completely new way of learning and understanding rhythm through a group process that works equally well for professional musicians as well as total beginners. This process allows you to access your body's innate rhythmic knowledge, conveying rhythm in a natural and organic manner.

Come to a Taketina rhythm circle and spend an afternoon creating rhythm using your body.

Taketina provides:

- Deep relaxation and revitalization of the nervous system and body rhythms
- A mirror for personal process that enables you to transform behavior patterns inhibiting your life and your relationships
- A profound rhythmic body consciousness
- Rhythmic competence in all styles of music

About the Taketina instructors:

Elaine Fong (leader) is a certified Taketina teacher, advanced level. She is a member of Maze Taiko, the resident Taiko group at Rhythmix Cultural Works. She is also the founder and former Artistic Director of the New England Japanese drum group, Odaiko New England.

Susan Sullivan (co-leader) is a certified Taketina teacher, with an extensive background in dance and movement. She is also a certified personal trainer and yoga instructor.