

# TaKeTiNa Workshop

## When:

Sat., Jan. 16, 2010  
2:00-5:00 pm

## Where:

Rhythmix Cultural  
Works  
2513 Blanding Ave.  
Alameda, CA



2010 Special!  
\$35.00/person

**LED BY**

**ELAINE FONG**

Are you so lost in busy-ness that you feel like a human-doing instead of a human-being?

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](mailto:enf1234@att.net)

**MAKE CHECKS PAYABLE TO:** RCW

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