

Drumming Meditation ~ Level 1

~ Rhythmic Music-Making for Inner Peace~

w/ Giselle Felicia Vivian, One Heartbeat Rhythm Circles™

Friday, April 6th, 2018 7pm – 8:30pm

Rio Grande Center for Spiritual Living ~ Sanctuary



Do you find silent meditation difficult or challenging? Or maybe, you are just looking for a new experience to handle stress? Join us for this evening where rhythmic instruments are used to facilitate a more creative approach to meditation. Experience an active and guided drum meditation. Learn how to do a sonic smudge. Learn about **Simple Rhythms™** to support your spiritual and wellness practice. It's a great way to end the work week and start the weekend!

Instruments provided or feel free to bring your own frame drum, buffalo, hoop or pueblo drum, and your favorite shaker or rattle. Please dress comfortably and bring a blanket or yoga mat and towel. No previous music-making experience required to participate. Ages 18+ welcome. Group size is limited to 30.

RSVP requested and reservation required for those needing to borrow instruments to insure availability. **RSVP:** circles4drumming@gmail.com to request a reservation. Questions, call Giselle at (505) 850-6750. www.circles4drumming.com

Suggested Love Offering: \$10-15 Please make checks payable directly to Rio Grande Center for Spiritual Living. Thank you for supporting ONE HEARTBEAT!

Directions: Rio Grande Center for Spiritual Living is located at 4374 Alexander Blvd NE, Ste T, Albuquerque, NM 87107. Just south of the Renaissance Costco near 1-25 & Montañó. Use main entrance on north side. See you there!