

*When it's over, I want to say: all my life
I was a bride married to amazement.
I was a bridegroom, taking the world into my arms.*

- Mary Oliver

Healing Drumbeats, Crafting & Nature

--- an 8-Session creative workshop ---
for 2022

(Maximum 6 vaccinated Participants)

EXPLORE: *The Eagle Beat, Horse Beat, Coyote Beat, Heartbeat, Bear Beat, Tree Beat, Buffalo Beat, the Void*, plus 3 extra-credit polyrhythms!

PRACTICE these **8 Healing Drumbeats** on your frame drum to:

- get yourself (or your clients) unstuck from problem situations
- balance your (or your client's) energy system (chakras)
- keep yourself in tune with the cycles of Nature

ABSORB wisdom from nature poetry and the words of historic Native Americans.

CREATE!!! You will craft a different instrument for each season:

- make a bellstick for Spring (East) and the element of AIR
- decorate your drum for Summer (South) and the element of FIRE
- fashion a rawhide rattle for the Fall (West) and the element of WATER
- assemble a sticks-and-bones rattle for Winter (North) and the element of EARTH

LEARN to ask your Helping Spirits for their assistance to:

- declare and keep true your vision for your life (AIR/East)
- unburden yourself of old patterns (FIRE/South)
- cleanse yourself for renewal (WATER/West)
- plant seeds for the future (EARTH/North)

WORK outside with the Natural Cycles of Life: The Seasons, the Elements, the Directions – to bring intention, direction and joy to “your one wild and precious life.” (Mary Oliver)

Dates: **Mar 19, Apr 23, May 21, June 18, Sept 17, Oct 15, Nov 19, Dec 10**; 11-4 pm.

Location: (to be determined) near Baltimore or Westminster, MD

Cost: \$1600.00 (incl. crafting supplies, 2 Sound Healing sessions + drumming practice via Zoom)

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