

a special workshop of discovery and empowerment

Living in Rhythm

Engage with OHANA (Organic, Holistic, And Nurturing Arts)

Sunday, December 13, 2009 7:00-9:00 pm

Join our growing community for an evening of delicious food, group music, spirited song, and gentle yoga. Learn to incorporate OHANA (Organic, Holistic, And Nurturing Arts) into your daily life in ways that are accessible and sustainable.

Do you enjoy music, but find making it intimidating?
Would you like to develop your personality and relationships?
Would you like to feel a sense of harmony with the world?

During this introductory event, participants will learn ways to:

- develop a musical mind, body, and spirit.
- increase access and enjoyment of music making.
- use active music making as a therapeutic strategy for self-care.
- deepen relationships through music-inspired practice.
- increase creativity and sense of presence.

No prior musical or yoga experience is needed to participate.

Ages 10+

Families are welcome.

Wonderful for Friends and Couples!

About Kalani:

Kalani is an internationally known speaker, author and workshop leader. More info at: KalaniMusic.com

Suggested donation: \$15



Kalani
Musician, author & speaker

North Valley Aikikai

Practice.
Awareness.
Community.

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