

DRUMRISE

&



PRESENT

take ti na

RHYTHM FOR EVOLUTION

A 3-Day Workshop with

**Cornelia
Flatischler**

assisted by
Elaine Fong



Friday, September 16
Saturday, September 17
Sunday, September 18

Atlanta, Georgia

www.kumandi.com
www.drumrise.net

WHAT IS TA KE TI NA ?

a Series of Playful Journeys in Music and Movement
a Moving Meditation - a Practice in Presence
a Uniquely Effective Kinesthetic Learning Experience
an Opportunity For Self-Discovery Through Rhythm

Advanced musicians will be challenged... Yet no experience is necessary.

All you need is a curious mind.

BENEFITS OF TA KE TI NA

IN THE REALM OF MUSIC:

Play with groove and flow
Develop profound rhythmic orientation
Discover universal building blocks of rhythm
Learn to improvise and to compose
Develop competence on drums and percussion instruments.

IN THE REALM OF DAILY LIFE:

Learn to deeply relax
Learn to stay focused over a long period of time.
Learn to deal with complexity in a creative and effective way.
Lose the fear of making mistakes - which allows you to make fewer mistakes

ABOUT THE FACILITATORS



CORNELIA FLATISCHLER is a master-level TaKeTiNa teacher, originally from Zurich, Switzerland. Together with her husband, Reinhard Flatischler, founder of the TaKeTiNa process, Cornelia is co-developer, and co-leader for all TaKeTiNa instructor trainings worldwide - currently on three continents. Cornelia is also a Tai Chi, Chi Gong, and Tao Yoga practitioner with 25 years of intensive training.

ELAINE FONG is a certified TaKeTiNa rhythm instructor at the advanced level, with more than 10 years of dance training and nearly 20 years of rhythm teaching experience. An accomplished practitioner of Japanese taiko drums, she is founder and former artistic director of the taiko organization, Odaiko New England.





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RHYTHM FOR EVOLUTION

A 3-Day Workshop in Atlanta with Cornelia Flatischler and Elaine Fong September 16-18, 2011

Presented by DrumRise (formerly Rhythm Synergy) and Kumandi Drums and Healing

Name: _____

Address: _____ Phone: _____

_____ Email: _____

Have you ever participated in a TaKeTiNa group before? YES, a Workshop NO
 YES, a Practice Group

Registration Type

Early Registration through August 1st \$300

Early Registration Paid in 2 Installments - \$350 - a 50% Deposit Due with Registration..... \$175

Registration after August 1st \$400

Bring a Friend Discount

Refer a friend who has never been to a TaKeTiNa workshop and receive \$50 off your registration.

Name _____

Name _____

Name _____

Friends Registering _____

X \$50 / friend = total discount - \$_____

Total Amount Enclosed \$_____

Please mail form with check payable to:

DRUMRISE
PO Box 33054
DECATUR, GA 30033

All payments are non-refundable one month prior to the workshop. There will be a \$50 processing fee for any cancellations.
Meals and lodging are not included.