

The first thing you hear is the beat...



Of your mother's heart.

The next thing you hear is yours.

“Reconnecting to the Rhythms Within”

A rhythmic program to discover alternative paths
to stress reduction & team building

Using cooperative exercises

Listening games

& vibratory experiences

Presented by

Ron Van Nostrand

*Facilitator of the longest running, regularly meeting drum circle
in the area at the Center, 1 Hoffman Street, Auburn, NY.*

*Developer of therapeutic musical programs for a number of years
at Freedom Recreational Services.*

*Creator of the “Mind, Body, Spirit & Emotion” program
for the Partnership for Success after school program in Auburn.*

*to contact Ron for information and availability of this workshop
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