

TRIBAL RHYTHM FUSION

3 JULY

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10-1 PM

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45 EURO

BOOK WITH BARAKA



DRUM & DANCE WORKSHOP

THE BEAT OF FOOTPRINTS STUDIO

AVLITON 10 ST PSIRRI

TEL: 6974910615 USE MONASTERAKI/THISSIO STATIONS

FACILITATED BY INTERNATIONALLY ACCLAIMED TRIBAL FUSION

DANCER, **BARAKA**, AND **HELENIQ ARGYROU**,

DRUMINSPIRED TRANCE AFRICAN DRUMMER & SOUND THERAPIST

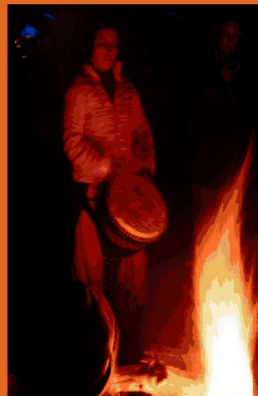
An exciting opportunity to explore the dynamics of Tribal drumming and tribal fusion dance and rhythm.

DRUM

"Tribal Rhythm Fusion" with Heleniq

Our minds and body synchronise with the use of a drum. Inside balanced use of right and left hands, we create "paradiddle rhythms" to centre, energise and balance the mind/body. These rhythms, - Heleniq calls Trance Rhythm - create a trance-like, relaxed awareness. Resembling many indigenous peoples' tribal rhythm, they often combine with dance and movement - a magical combination assisting them, and now us, to reach deep spiritual bliss life meaning, balance and heighten consciousness.

DRUMS PROVIDED



DANCE

"Fusing Tribal Dance & Rhythm" with Baraka

The body's natural response to rhythm is movement, but many of us are not confident in how we move to rhythm. Learn how to use Tribal Fusion Dance to physically manifest the beats you hear. Slow and trance like, fast and furious, deeply resonating, or sharp and staccato, every percussive sound has an equivalent in movement.



DRUM&DANCE *'HAFLA'JAM SESSION 7-9PM*7E

SPECIAL 5€ FOR THOSE ATTENDING THE WORKSHOPS

www.barakadance.com :: dance@barakdance.com :: 6948-732274