

MRM



Discovering the Art of Improvisation Music, Rhythm, Movement

with
Mary Knysh

from

About this “Music for People” Workshop/Facilitator Training:

This program focuses upon experiential music making activities that encourage participants to rekindle their own sense of wonder and creativity, which in turn inspires and empowers others that they may facilitate or make music with. This innovative and creative approach to spontaneous and in the moment music making can offer new musical possibilities and pathways for self-expression, self-awareness, communication, and inspiration for all.

This Workshop/Training is especially great for:

Music Educators, Drum Circle Facilitators, all levels and genres of musicians, Classroom Teachers, Music Together Teachers, Occupational and Music Therapists, and anyone who loves to create music and wants to explore and expand their own creative potential and facilitate others to do the same!



Date	Sat. Jan. 25 & Sun. Jan. 26, 2020 (9:30am – 5:30pm)
Location	Main Street Elementary School, 3400 North Main Street, Soquel, CA 95073
Cost	2 Day Facilitator Training ~ \$225 (EARLY BIRD before Jan. 10, 2020 ~ \$185) Single day option: ~ \$125 (EARLY BIRD before Jan. 10, 2020 ~ \$95)
Registration:	Contact Mary Knysh (maryknysh@gmail.com) or go to Register Online: http://www.rhythmicconnections.com/productsregistration.html#!/WorkshopRegistration/c/13258815/offset=0&sort=normal

During this workshop/training you will learn an approach to music making that will transform the way you, and those you work with, explore and create music.



- LISTEN:** We tune in to each other and warm up with simple and fun rhythmic activities
- CONNECT:** Fun and interactive openings get the group working and thinking together
- COMMUNICATE:** Explore music as a form of non-verbal communication
- COLLABORATE/CREATE:** Lots of experimentation with rhythm, melody and harmony
- INSPIRE:** We expand the possibilities and share our musical improvisations and ideas
- TRANSFORM:** We reflect, observe and learn from our experiences
- REFLECT/DEBRIEF:** We put our new skills into action in our music and professional lives