

FLYING THROUGH SOUND: DRUMS & VOICE

Lucia Comnes & Barbara Borden



Sunday, February 12, 2012

2 - 5 pm

\$30 Advance / \$35 Door

Sanctuary of Sound in San Rafael, CA (Marin County)

A workshop designed for individuals who want to bring or expand music into their personal lives, and for healing arts practitioners and other group facilitators who want to bring music into their practice.

Join us in an afternoon of discovery, listening, drumming, vocalizing and making music in a friendly environment. Participants will garner essential skills in rhythm, journey drumming, breath work, voice, improvisation and coordination. Together we will create a temple of sound that will serve the intentions of the group.

Barbara Borden is a pioneering drummer, performer, composer and educator. She is dedicated to keeping the heartbeat of joy, compassion, understanding, harmony and creativity alive and well. The world is her drum and music her way to soothe the soul. www.bbbeat.com

Lucia Comnes is a singer, violinist, songwriter, educator and ethnomusicologist – a luminous vocalist who sings in many languages. She is devoted to music as a powerful healing modality and a universal language that crosses all boundaries. www.luciacomnes.com

TO REGISTER

Call: Barbara @ 415-888-3191 / Lucia @ 415-259-1568

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