
Joan Casorso INNER RHYTHMS

Spring Schedule Kelowna March 2, to April 20, 2010

Tuesday – “Inner Rhythms Drumming” – Djembe & Sabar (open – 7 classes)

Focus: A fun, interactive & informative adventure of African hand Djembe & Sabar drumming. Classes will build on fundamentals, ensemble, solo playing & rhythm layering. Rhythms & breaks are learned orally, using call / response songs, story, movement & imitation *Blending Art Form with Skill, Technique & Drum circle development*

Date : March 2 to April 20 (no class March 23) **Time:** Tues. – 7:00 to 8:30 pm

Cost: \$140.00 Drums available for class use & sale Preregistration required

Tuesday - “Yoga Plus” – (course) (open to all levels 7 classes)

“Yoga Plus” uniquely integrates Yoga postures Postural alignment Tai Chi Self Management Reflexology Relaxation techniques This “Yoga Plus” course offers to participants time to Learn / Practice / Integrate these self management techniques for the development & enhancement of ones own personal self care program.

Date: March 2 to April 20 (no class March 23) **Time:** Tues. – 5:15 to 6:45 pm

Cost: \$115.00 **Drop Ins:** \$20.00 Bring mat, blanket & wear comfortable clothing.....

Joan Casorso brings over 25 years of teaching & coaching experience to the *Inner Rhythms* programs. *Inner Rhythms* encompasses drum, dance, rhythm based communication activities, “Yoga Plus”, community building & body / mind health. Whether for personal growth, professional development or for sport enhancement, **Joan’s** gentle & informative approach allows participants to relax & open to their own potential.

Registration Information Preregistration required for all events!

Location: #2 – 4409 Lakeshore Rd., Kelowna, BC (scout hall – behind Mission Hall)

Contact & Info: Joan Casorso - 250 – 862 – 9724 - joancasorso.innerrhythms@shaw.ca

Registration to: Joan Casorso, 3860 Casorso Rd., Kelowna, BC V1W 4R7 – Make checks payable to: Joan C. Casorso Management Ltd

Payment Plan Available (phone for details) **Please include with registration:** Deposit & post-dated checks or full payment with registration form. \$50.00 non refundable. (no refund once course starts)

Registration Form for *Inner Rhythms* Classes (cut & mail with registration)

Name: _____ Email: _____

Phone: _____ Address: _____

Program Name: _____ Program Date: _____ Require Drum: Yes ___ No ___

Payment method: Ck. – Cash – M.O – Pay. Plan – Amount: _____

Signature: _____