

The facilitator gives an overview of the program and a brief lecture about the importance of rhythm in our lives. Participants will use body percussion and their voice. Participants are led through a “Call & Response” warm-up rhythmic exercise. Eventually participants are divided into smaller groups. Each group is given a different rhythmic part to play together. After a moment to work things out, all parts are assembled and played together. The session culminates with a rhythm circle that encourages all participants to express themselves as a soloist in a group setting.

Each session is approximately 50 minutes.