

# The Rhythm Of Life!™

A Dynamic Percussion Experience



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## Bring the POWER of the DRUM to your Program!

Let the Rhythm Of Life!™ bring sizzle and dynamic excitement to your conference, program, school, or festival with a variety of possibilities:

### Community building drumming circles...

Get your community synergized and energized as each participant gets a drum or hand percussion instrument and joins together in one of the most effective community development activities known!

### Community building dance jams...

Let 'em move to live drumming! A safe, engaging way to let the power of dance bring the people together, and share the excitement of community.

### Large session "Rhythmizers"...

Ever wanted to get a huge group of people unified and energized? This is it! Rhythmizers are excellent for keynote warm ups, attention grabbers between speakers, or simply getting your attendees feeling really good!

### Spice up your facilitation...

Need to add more flavors to your facilitation tricks? Let us provide you with many ways to easily integrate rhythm into what you do...with or without drums! We provide sessions in fantastic, practical, thoroughly enjoyable ideas to give your facilitation an energetic boost. And, it's always interactive!

### Youth development programming...

Drums and instruments have a proven, positive impact on youth. Plus, they just love to drum! We provide an exciting, totally engaging context for skill building and leadership development; the experience is always unforgettable.

### Teacher in-service and classroom arts infusion...

Give your teachers more tools to captivate student attention and use arts to teach academics. Expand the teaching toolbox by integrating more learning styles in a simple, fun way with easy to find materials. Lesson plans included!

### Our programs are regularly featured in:

SHAPE Magazine's Shape Your Life programs  
Canyon Ranch Health Resort and Spa's regular programming  
Leahy Inc.'s National Challenge Course Practitioner's Symposium  
School presentations and assemblies too numerous to list here!



### What participants have said:

"Those guys are really hot!"

"[The Rhythm Of Life!] was the best part of the conference."

"More drumming...!"

"Too much fun...let's do that all day!"

"Fantastic...I learned so much, AND I had fun."

"I've never seen students so engaged..."

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## Presentation Overview

"Every time a group of kids or a community sits down and creates rhythmical synergy together, the world is a better place." *Arthur Hull, Drum Circle Spirit*

### Drumming and Dancing for Community

#### DESCRIPTION:

These 60 to 90 minute experiences offer community members of all ages the opportunity to create unity and make new connections through the age old practices of village rhythm and dance.



**Drumming:** Guaranteed to bring smiles, and satisfaction, the "village" drum jams are expertly facilitated to allow the creative spirit to move, yet keep everyone in the groove. Participants learn without even knowing they are learning! We provide all the drums and instruments, and can outfit groups of 200 and more.

**Dance:** Shake it all loose with an exhilarating dance experience. You'll feel the power of community while the drums play engaging rhythms *and* you'll learn basic World Fusion Dance moves; it's simply a great way to warm up and work with a large group. This is sheer excitement and fun while being inviting and accessible to all levels, guaranteed to be rejuvenating, thoroughly playful, and leave a smile to your face!

**Performances:** The audience will be riveted while dancers and drummers show the magical interplay between the rhythm and dance, *AND the audience becomes involved!* From song to drum beat, this participatory presentation gets the energy up, and keeps it soaring. Every member of the audience (up to 500 and more!) becomes part of the percussion ensemble...this is not just a show; it's a fully interactive experience.

#### DETAILS:

##### Overview:

Drumming, singing, dancing, and story telling are a few of the most dynamic and exciting elements shared by communities around the world. Throughout recorded (and pre-recorded!) time, people have gathered to celebrate life's significant moments and pass on lessons and traditions through these primal, expressive, and inspiring experiences. **The Rhythm Of Life!™** programs are village-style, rhythm based events that integrate powerful life metaphors with the exhilaration of community music making and celebration.

*"Rhythm is a universal language, allowing dialogue among us at the most basic creative level. Drumming together cuts through racial, cultural, and gender differences to the core of who we are as human animals."* **Arthur Hull, Drum Circle Spirit**

The effectiveness of **The Rhythm Of Life!™** programs come from a unique fusion of folkloric music with a highly tuned system of focusing, multi-tracking, and rhythmic activities called *Kinesthetic Rhythma-Learning™ (KRL)*. Through this learning system, participants directly experience responsibility, cooperation and respect. *Kinesthetic Rhythma-Learning™* utilizes sensory awareness activities, singing, dancing, and drumming as its teaching methods; this is **experiential learning** at its best!

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**The Rhythm Of Life!™** successfully integrates the power of group song, with rhythmic learning games and dynamic drum, vocal, and dance experiences. Participants of all levels and skill abilities engage in creating music with drums and multiple percussion instruments. And, because relevant life metaphors are brought into the program, everyone leaves feeling successful, fulfilled, and inspired.

### **Logistics:**

Kenya and Gabriela Masala (bios follow) provide all drums, instruments and facilitation for participants (size of groups can range from 10 to 500 and up).

A PA is required for groups with over 40 participants; we provide our own wireless microphones, and can provide a PA if necessary.

We require an area large enough for your crowd. For drumming, we use 30 chairs arranged in a semi circle, with standing room for more participants. For dance, we use a room with an appropriate floor large enough for the group. There is a "noise" factor so please keep this in mind as you choose a location.

For assemblies or conferences, a riser or stage area works best.

For performances, our ensemble includes 3 drummers and up to 8 dancers (or combinations of this) and requires a stage area and full PA for maximum effect. We provide our microphones, and can provide a PA if necessary.

*"All people from all walks of life, all colors, have various things that they can do together to create harmony, and it is the simplest thing to make music and sing together." Baba Olatunji*

### **FACILITATORS:**

**Kenya S. Masala** is a dynamic community and human development consultant, certified teacher and curriculum specialist. His unique blend of skills as an educator, facilitator, and percussionist inspire real learning and community building with clients ranging from the corporate world to youth. He facilitates seminars, leadership and youth development training, ropes courses, and educational percussion programs.

Kenya designs and develops multimedia curricula and presentations on a national level. Kenya is a REMO Drums endorsed drumming facilitator (<http://www.remo.com/drumcircles/index.cfm?ObjectID=88>). He enthusiastically creates highly effective learning and community building experiences, authentically motivating individuals and groups of *all* ages and backgrounds.

**Gabriela Masala, M.A.**, is an energetic, creative, and multi-talented facilitator. She works extensively with groups and individuals in the areas of wellness and personal growth. She masterfully blends expressive arts, yoga, dance, and ecumenical spirituality in programs that nurture mind body and soul. Her diverse clients speak highly of her playful vitality, which inspires them to thrive in their creativity and innate joy. Speaking of her work, Gabriela says, "I am blessed to witness how the expressive arts, movement and meditation practices, serve healing, illuminate paths, and inspire life. This process of core Self-expression is essential. It connects us directly to our life source, authenticity and fulfillment."

She is a Brown Belt in the NIA Technique ([www.nia-nia.com](http://www.nia-nia.com)), and holds certifications in ACE Group Fitness, Personal Training, Yoga, and Meditation. Gabriela is an apprentice of Zen-Yoga master teacher, "Ranjani" Dr. Mary-Elaine Cobo ([www.kushe.com](http://www.kushe.com)). A former employee of The Chopra Center for Well Being and Canyon Ranch Health Resort, she continues to guide classes, workshops, and special events nation wide.

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Kenya and Gabriela currently serve on the core faculty of SHAPE Magazine's Shape Your Life(tm) programs ([www.shape.com](http://www.shape.com)).

## Clients, Media, and Festivals

### CLIENTS:

SHAPE Magazine; Shape Your Life Programs (Core Faculty); *Los Angeles, CA*  
Canyon Ranch Health Resort and Spa; *Tucson, AZ*  
Cottonwood De Tucson Treatment Center; *Tucson, AZ*  
Texas Instruments, *Dallas, TX*  
Omega at the Crossings, *Austin, TX*  
The City of Tucson; *Tucson, AZ*  
The University of Arizona; *Tucson, AZ*  
The Center for Health Training; *Seattle, WA*  
The Association for Experiential Education; *Boulder, CO*  
The Youth Opportunity Federal Workforce Grant, *Pima County, AZ*  
The VisionMark Foundation; *Tucson, AZ*  
LinDave Management: *The Four Agreements in the Workplace, San Diego, CA*  
Leahy, Inc.; *Boulder, CO*  
The Colorado Department of Education; *Denver, CO*  
Bodyworks Studio; *Tucson, AZ*  
Las Hueseras Women's Wellness Retreats; *Santa Fe NM*  
Indiana Teen Institute, *Franklin, IN*  
Over 200 schools, youth and community serving programs; *Nationally*

### MEDIA COVERAGE

The Discovery Channel	The Today Show
Good Morning Arizona	Shape Magazine
Travel and Leisure Magazine	Tucson Lifestyle Magazine
Arizona Daily Star	Red Magazine
Ode Magazine	

### FESTIVALS

The Tucson Arts Odyssey ( <i>Tucson, AZ</i> )	The Festival on Main ( <i>Phoenix, AZ</i> )
Tucson Cultural Festival ( <i>Tucson, AZ</i> )	Oro Valley Arts Celebration ( <i>Tucson, AZ</i> )
Austin Green Festival ( <i>Austin, TX</i> )	Martin Luther King Day Festival ( <i>Tucson, AZ</i> )

For more information: 512.301.3605

[www.rhythmoflifedrumming.com](http://www.rhythmoflifedrumming.com)

