



**PRINCETON CENTER
FOR YOGA & HEALTH**

www.PrincetonYoga.com
609-924-7294

Rhythm, Dance & Drumming Circle

with Sharon Silverstein

Sept 11, Oct 16, Nov 20, Dec 18

Come have some FUN!

*"Life is the sacred
mystery singing to
itself, dancing to its
drum, telling tales,
improvising,
playing"*
~ Author unknown

Drum, slap, tap, dance, shake it up. Experience the healing vibrations created by group drumming. Drumming as a group can create states of euphoria, promote play, release anger, and promote feelings of community, unity and well-being. No experience necessary! All drums are provided or bring your own.



See for yourself why New Jersey Life Magazine named our Circle the #1 Drum Circle in Central NJ!

FEEL THE BEAT!

Montgomery
Professional Center
50 Vreeland Drive
Suite 506
Skillman, NJ, 08558

**West African Drumming
Workshop**
6:30 - 7:30pm

This workshop is geared for those who have little or no experience playing the West African Djembe ("gem-bay") drum. Learn the skills and create the confidence to participate in drum circles.

Saturdays
Sept 11, Oct 16,
Nov 20, Dec 18

Drumming Workshop
6.30 – 7.30: Price \$20

Drumming Circle
8:00 pm: Price \$15

Price for both
Circle & Workshop: \$30
Please call to pre-register.



Sharon Silverstein is an accomplished musician who creates a space of unconditional love so participants can explore their rhythm spirit with complete freedom. She has been teaching, performing and facilitating musical events for the past 25 years.