

# GIVING BIRTH TO OURSELVES 2015 FRAME DRUM INTENSIVE

A six month program of intensive study, practice, and play on the frame drum with Tori Morrill and Shirsten Lundblad

**SATURDAY 10:00-5:00**  
**SUNDAY 10:00 - 4:00**

**February 14-15**  
**March 28-29**  
**April 25-26**  
**May 30-31**  
**September 26-27**  
**October 24-25**

## LOCATION CONTACT INFO

**Dance Etc...And The Beat Goes On!!**

**3372 N Access Rd, Englewood FL 34224**

**[DanceEnglewood.com](http://DanceEnglewood.com)**

**TOTAL COST:** \$1190, divided into 6 payments of \$170 per session, plus a registration deposit of \$170 due by January 14th. Pre-registration is essential to allow adequate time for us to order all teaching materials, and to book our flights to Florida. A minimum of 12 students is necessary to confirm the program. Gift certificates are available if you wish to purchase the tuition as a gift. Vegetarian lunch provided.

### REGISTRATION...

Linda Howe  
[DanceEnglewood@gmail.com](mailto:DanceEnglewood@gmail.com)  
941-460-8072

### FMI...

Shirsten: [kiz@gwi.net](mailto:kiz@gwi.net)  
Tori: [torimorrill@me.com](mailto:torimorrill@me.com)

### WORKSHOP DEPOSITS MAY BE MAILED TO...

Tori Morrill  
287 Iron Ore Point  
Palermo, Maine 04354



## THE FRAME DRUM IS A HAND HELD INSTRUMENT

played in a variety of forms throughout the world since the beginning of time, for ritual, entrainment, healing, shamanic journeying, and ecstatic celebration.

Together we will learn rhythms and hand techniques from the Middle East, South India, North Africa, and Brazil on the Tar and Tambourine, utilizing the curriculum created by Layne Redmond and Tommy Brunjes called Giving Birth to Ourselves (GBTO).

The strokes of the drum allow one to connect with elemental energies within our bodies and in the world around us. Rhythmic practice synchronizes the brain and the internal pulsations of our body rhythms, and it allows us to connect deeply in community. Rhythmic play also invites an immense joy into ones being.

Drummers of all levels are invited to participate. The material presented can facilitate seasoned drummers to refine and develop their technique and play, and students new to the drum become fully initiated through this 6 month immersion. Students are expected to have participated in at least one weekend or series of classes with Shirsten, Tori, or Layne prior to the program. Throughout the six months, students are asked to make a commitment to an hour of practice a day. The program includes study materials, DVD's and practice CDs, which make home practice delightful.

## SHIRSTEN AND TORI

Shirsten Lundblad and Tori Morrill, both members of Inanna, Sisters in Rhythm, bring a vast variety of skills and gifts to their teaching and practice, including dance, yoga, body work, meditation, singing, and a sense of humor.

## DO YOU NEED OR CAN YOU PROVIDE FINANCIAL ASSISTANCE?

"No Drummer Left Behind Policy" Please speak to us if cost is prohibitive. We may be able to offer a discount, barter, or scholarship funds to help those students who need financial assistance. If you would like to contribute to our scholarship fund please let us know. Any amount is helpful.

Why do we play the drum? Because we have discovered that it is a spiritual technology that synchronizes all of our internal rhythms: our breathing and the beating of our hearts, our walking and our dancing. And it unites us together in community for celebration, for healing, and for ecstasy. It connects us through time with our ancestors, with all of those who have come before us and who will come after. The first sound that we hear in the womb is the sound of our mother's blood pulsating rhythmically; thus when we drum we reconnect with something so primal, so elemental, that we feel like we have finally come home.