



Drum-

*ming & Singing
for Mother Earth*

with Pot Luck Lunch

Sun. April 2, 2017 ~ 10am - 2:30pm
led by Flo, Susan & Jenny

@ TATANKA LODGE

*(Flo's house in Durango West II, Rte. 160 W, 10 min. from downtown Dgo ~ **Limited to 15 people**)*

Please bring a dish to share for lunch & your water bottle.

- Sage Blessing, Prayers to 4 Directions, Zen Meditation (Flo)
- Embodiment Qigong Practice (Jenny)
- Finding Your Voice Exercises (Susan)
- Djembes & Percussions for emotional release (all of us)
- Drumming the Heartbeat, learning Earth Songs (all of us)

In a time of great threat to our public lands, wildlife, water and air let us gather together to reinforce our dedication and love for Mother Earth, to strengthen voices AND backbones but also to connect to a deep inner peace that will sustain us for the long road ahead. We ARE the human 2- legged voice for the greater circle of life. Our voices must be heard while hearts remain strong.

Reserve your space at the Mother Drum now!

**RSVP by 3/26: Flo 259-6510 H or (978)270-2230 cell
or Priscilla (970)749-7894**

Flo Gaia, RN is a member of Great Old Broads for Wilderness and has been leading meditative drumming circles since her training with Brooke Medicine Eagle in 1989.

Susan Merrill is a passionate voice/piano teacher & workshop leader based in Durango since 1990.

Jenny Treanor is a mental health counselor and artist in Durango for 36 years.