

New Series!
Thursdays
from
7-9pm!



Santa Fe Harmony Center

Sacred Drum Circle Classes

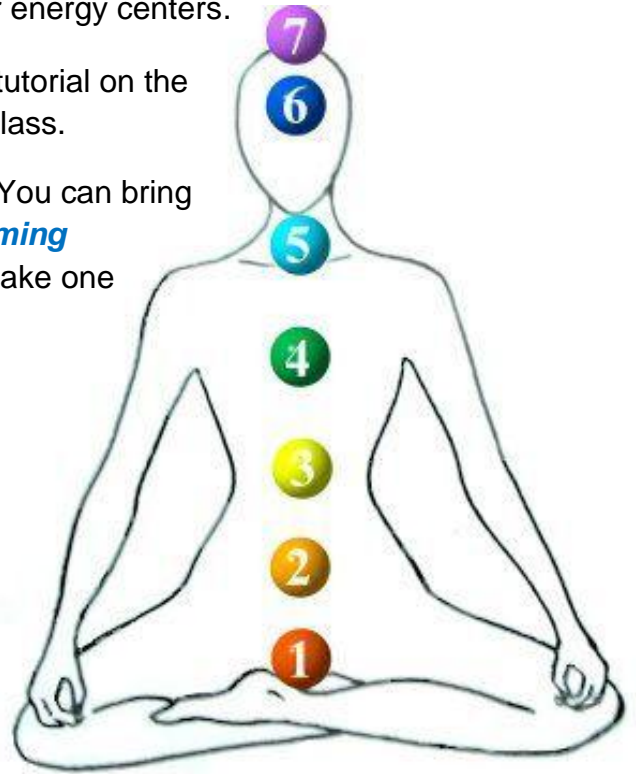
Chakra Rhythm Series for Healing and Personal Transformation

Chakras are energy centers in our body, corresponding to different aspects of our physical, mental, emotional, and spiritual life. In this Sacred Drum Circle Class series, you will learn how to drum rhythms that resonate to specific chakra frequencies.

Each month will focus on a different chakra. These classes provide a fun, upbeat way to access and "charge up" each of your energy centers.

Classes are held from 7-9pm on Thursdays, with a tutorial on the basics for newcomers from 6:45-7pm before each class.

The cost is \$10 per class, or \$30 for four sessions. You can bring your own drum, or use one of ours. **No prior drumming experience is required**, and it is not necessary to take one chakra rhythm class in order to take another one.



2010-11 Chakra Drum Circle Class

Month	Chakra	Focus
September	Root	Grounding
October	Sacral	Creativity
November	Solar Plexus	Self-Esteem
December	Heart	Love & Healing
January	Throat	Truth and Will
February	Brow	Intuition
March	Crown	Spiritual Connection

The complete class schedule is posted on our website at www.santafeharmonycenter.com, or call 505-989-3507 for more information.

We also offer sacred drum circles for therapeutic centers, schools, organizations, and special events.

Jim Kinney and Jennifer Peters are co-founders of the Santa Fe Harmony Center, which provides music, energetic medicine, and workshops for healing and personal transformation. Jim has led drum circles for over 20 years, specializing in African, Latin, and Native American traditions.

Jim and Jennifer are "human potential" practitioners, providing experiential approaches to healing for over 20 years, using music and therapeutic methods from western psychology, neuro-linguistic programming, and indigenous cultures.

