



Find Your Beat!

Discover the Unique Rhythm & Sound of Your Life!

Drumming has been a tool for communication and spiritual development in numerous civilizations throughout history. Drums come in many shapes and sizes just like people do. One aspect of drumming that makes it so special is that every drum produces its own unique sound only through the singular individual who exerts him or herself physically, emotionally and spiritually to communicate that sound to the world.

Sound and its rhythm surround us continually from the beating of our hearts and the rhythm of our breathing and voices to the sounds of the wind, rain, birds; to the man-made sounds of machinery, traffic, computers, cell phones, etc. How often do we really stop and listen to the sounds and rhythm around us? How often do we really listen to the sound of our own heartbeat, to the deeper calling of our hearts and souls, to the rhythm of our lives?

Finding our rhythm or beat means to get in touch with our inner voice, to discover it's tone and to experience the patterns of its rhythm. In this realm there is no right or wrong sound or rhythm. It is simply, what it is. The process of exploring, listening, feeling and expressing the qualities of our unique sound and rhythm is liberating. Once we are able to hear our inner voice we can choose to consciously communicate the emotions and sensations we are feeling through the sound and rhythm of the drum.

In your work with us you will explore sound as a reflection of your values, those guiding principles that define who you are and what's important to you in life. You will explore rhythm as an expression of your "being" in the moment. Then, by combining sound and rhythm you will express your values and feelings in a truly joyful drumming experience.

Your Facilitators

Monique Morimoto Flaherty MS, CPCC, founder of SoulWorks Coaching® inspires people to discover and manifest their true potential. Monique combines coaching with horses, in equine assisted coaching, and most recently, drumming to create unique learning opportunities in personal leadership development. These methods release her coaching clients and workshop participants from their normal sense of self to discover gifts previously unknown to them. www.diamondhorsecoaching.com
www.soulworkskoaching.com



Stephen Whitney, CFC, a contributor to the recovery and human services field is an experienced, world travelled musician. Stephen helps people discover their latent talent through the sound and rhythm of congas, African drums and percussion. Participants in his drumming playshops, a huge success in southern France, were infused with enthusiasm and new found freedom of expression. He is thrilled to bring his work back to the US.

For more information or to book a workshop call Monique at 617-328-7113 or email at coachmonique@verizon.net