



Morgan Arts Council presents

Steve Bloom

Cross-Cultural Percussionist



A Rhythm Runs Through It Rhythm Gym Movement Workshop

Thursday, November 5, 7:00 p.m.

Dancers, children's music teachers, movement professionals and others who lead music workshops learn to enable the body's flowing gracefulness by tapping into your natural musicality. Includes synchronous mild breathing, stretching & stepping patterns driven by selected polyrhythmic music. Mimic recorded voices and instruments vocally and gesturally, and do simple, specific movements to express musical rhythms. The music calls through it, and the Spirit responds through it—and IT is the body. Sufi hand drums may be used. **Dress light, eat light, avoid caffeine prior to the session. Bring a blanket or yoga mat.**

No Charge.

Donations Warmly Accepted.

The Ice House

Independence & Mercer in downtown
Berkeley Springs, WV

304-258-2300

www.macicehouse.org



Funded in part by the National Endowment for the Arts, the West Virginia Commission on the Arts and Morgan County & Town of Bath hotel/motel taxes