

HEARTGARDEN Oak Park Presents

Drumming and Movement

Rhythmic Flow **Workshop**

Sat. Oct 12th | 2:00 PM - 3:30 PM | FREE



heartgartenoakpark@gmail.com | 911 S. Lombard Ave | Oak Park, IL 60304

Participants will be led through movement activities and exercises that will help them discover their kinaesthetic sense. They will apply this new information to drumming and explore rhythms on their percussion instrument of choice with a new sense of ease. Participants are encouraged to bring a drum; however, instruments will be supplied if needed. *Participants will need to bring a yoga mat. No experience is needed to sign up!

DAVID OROMANER is a drummer and movement specialist. He is an alumnus of The Collective School of Music in NYC and has trained at the American Center for Alexander Technique. Some of the diverse artists David has performed with include Llew Matthews (Nancy Wilson), Bob Quaranta (Mongo Santamaria), and Mambo NYC. As a drumming instructor David specializes in playing without tension while utilizing rhythmic coordination.