



Rhythmic Round Circle

The Rhythmic Round Circle program is aimed at providing an opportunity for creative expression and movement using music, rhythm and movement.

This program will encourage and inspire participants to partake in a variety of rhythmical patterns and sequences using a variety of traditional and non traditional musical instruments for both physical and mental stimulation.

The participants will be challenged to build on each rhythm using a combination of different tempos, stimulating concentration and focus. Participants will be encouraged to lead a portion of the program and direct the groups rhythmical sequence promoting self worth and role. The music will include a variety of styles but all tunes that most participants will be familiar with to inspire further participation by singing along. Traditional and non-traditional instruments will be used for creativity and inspiration.

Location Details

Time

1 hour sessions. 8 sessions total.

Cost \$25.00+HST per participant/per session

For more information: www.recrespita.com

Registration only: 1-877-855-7070 or recreative@recrespita.com

Space is Limited!