

***Drum sound rises on the air, its' sound, my heart. A voice inside the beat says, "I know you're tired, but come. This is the way."
~Rumi***

Wisdom Introductory Frame Drum Zoom Circle
2 Fridays – January 24 and 31
9:30 AM ET for one hour, 15 minutes



Ever wondered how to tap into the Magic Structure of Consciousness and bring it forward into your life?
Have a frame drum at home and wondered how to play, or simply hoping to get started?
It is easy and for everyone – please join us!

We will learn simple rhythms on the frame drum in the upright and lap style methods of playing, applying them with wisdom chants that are featured on the Wisdom Waypoints website.

We will learn ancient middle eastern rhythms during practice, e.g. Maqsum, Ayub, Saidi, Masmoudi and more!

Our weekly practice time will include tips for your drum practice, warm-up, learning a simple rhythm with a wisdom chant, learning a world rhythm and playing it to music.

You may also join our monthly frame drum circle that meets monthly (no fee) on January 10 and February 7 to meet fellow wisdom drummers and practice more.

As one of my teachers wisely states – “It’s primal, and we all know how to do it.”
Come join us and feel free to share with others who may be interested!

Please consider a \$15 donation for each introductory session (Jan 24 and 31) you attend for Wisdom Waypoints here – noting Frame Drum Intro in the ‘leave a comment’ line: <https://wisdomwaypoints.org/2024-annual-fundraising-appeal/>.
Register directly with Laura Copeland at lgcopeland8@gmail.com to receive the Zoom link, and contact me with any questions.

“The Great Spirit loved the drum so much, he gave everyone a heartbeat.” ~ Navaho Elder