

workshops and classes

contact us for full details and to schedule a class or workshop

see events page for current group classes

available workshops and classes with David

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embodying rhythm - through movement, vocalizations, and frame drumming we will be deepening our relationship with rhythm by focusing on the expansion of our rhythmic perceptions as well as our overall musical awareness. we will embody the rhythm by using different traditional and modern rhythmic theories, techniques, and time cycles from around the world, including some of the drum languages of india, persia, and africa. we will be exploring the musicality of many rhythmic concepts such as pulse, phrasing, syncopation, polyrhythms, clave, compound meter, "odd times", theme and variation, and more as they naturally arise while feeling rhythm from the inside of itself. this class or workshop has great conceptual material not just for drummers, but for all artists, musicians, dancers, composers, and all humans.

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mediterranean and middle eastern drumming - will be focusing on traditional rhythms and grooves of north african, persian, arabian, bulkan, and turkish origin as well as some modern applications and musical senseabilities from these regions. traditionally these rhythms are played on framedrums (including the tar, the riqq, and the daf) and goblet drums (including the dumbek, darbuka, and zarb), but can be adapted to all hand drums. this class or workshop will help to broaden our musical awareness and rhythmic understanding while making these ethnic rhythms fun and accessible.

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solkattu - we will be exploring the south indian rhythmic language through traditional and modern theories using rhythmic vocalizations along with some hand clapping patterns or talas. by vocalizing rhythmic patterns over a steady group of hand gestures we start to embody different time cycles and applications which arise in all music and rhythmic arts including the naturally occurring universal concepts and uses of poly-rhythms, cross-rhythms, stacking rhythms, syncopation and others. this fun phrase centered approach to rhythm is a great way for anyone who wants to further their relationship to rhythm and its inherent musicality, and to absorb rhythmic ideas in their purest forms while deepening an inner trust and rhythmic confidence.

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rhythm ensemble playshop - -will focus on playing in group situations. we will be finding or own voice in a musical community and understanding the different roles we can play in creative music making with others. through group rhythm games, traditional grooves, simple compositions, and improv scenarios we will explore the concepts of active listening, accompanying, taking a lead, playing with others, playing the silence, improvisation, intentional music making and more. this class or workshop is a fun way to build your rhythmic vocabulary and your overall musical awareness. (this playshop can be geared for adults and/or kids of all ages)

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rhythm theory 1 - the fundamentals of rhythm in music and all life (breaking it down)

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rhythm theory 2 - the conceptual understanding of rhythm in music and all life (building it up)

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drumming, percussion instruments, and rhythms from around the world - a unique blend of history and rhythm games (can be geared for kids or adults)

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drumset interdependence as a full body meditation

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the aesthetics and metaphysics of sound, silence, motion and stillness

more info about percussion teaching

available workshops and classes with Arlyn

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Improvisational Dance – Explore the skill and art form of improvisation. Together we will create a safe environment for beginner and skilled dancer alike to enjoy the freedom of expression and present moment awareness that creates the foundation for improvisational dance. The movement will be informed by aspects of yoga, contact improvisation, ecstatic dance, theatre, prop work and more.

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Natural Stress Reduction – Return to health and balance amidst the hectic swirl of modern life. We will explore stretching and gentle movement, journaling, meditation, the anatomy of the nervous system, massage, and Jin Shin Jitsu (Japanese energy work) for this class designed to bring you home to yourself, in your skin, centered and ready to walk in the world in calm, compassionate ways.

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Embodiment Practice - Using a variety of forms and modalities, we we explore what it is to be in these human forms and how to full express through our bodies. Approach your human form with tenderness and experience the wisdom the body has to offer you.

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Creative Writing – explore your creative voice through writing. We will explore poetry, short stories and stream of consciousness in this process based writing class. Bring paper and a writing implement and your willingness to show up and write it down.

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Creative journaling – journaling is an excellent way to get in touch with your true voice. Though paying attention and giving ourselves time, we strengthen that voice and expand our range. We will use collage, drawing, painting and writing to open creative doorways. Please bring a book to work in (preferably with 25# paper or thicker) all other art supplies will be provided. There are no prerequisite skills for this class.

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Bookmaking - Make your own blank book - spiral bound or a hand-sewn. I will provide the technical skills, materials and a host of ideas and inspirations for you to find your creative voice and style for this project.

[more info about Arlyn's dance teaching](#)

[more info about Arlyn's writing and journals](#)