Full Moon Drum Circle & Meditation

Monday, October 26

7:30-9:00PM

$25 per person ($30 door)

Celebrate the Full Moon with a powerful, creative drumming and meditation session led by **Chuck McNabb, gifted Medium & Spiritual Advisor.** Drums and rattles of various shapes and sizes will be provided, and feel free to bring your own instruments.

Indigenous peoples of the world have for millennia gathered under the light of the Full Moon to dance and make music. The beat of the drums brings us in tune with the rhythms of nature to evoke and raise powerful currents of life energy.

The drum circle embraces people of all ages and no prior drumming or meditation experience is necessary.

As participants relax, enjoy and explore the music, their natural creativity and curiosity emerges and the rhythms grow and change. Each person is able to express themselves through their individual instrument while simultaneously participating as part of a larger whole for a therapeutic experience - a new voice, a collective voice, emerges as we drum together and just have fun!

Pre-register to hold your spot. Walk-ins always welcome space permitting
https://www.updogyoga.com/workshops/rochester-workshops