

The Rhythm Spa for Women

Immerse Your Soul in a Full Body Rhythmic Experience!

You are invited to this very special *2nd annual* event where you'll get to:

- ♥ Decompress, De-stress
- ♥ Rejuvenate, Refresh
- ♥ Move Your Body
- ♥ Connect to your self
- ♥ Create Community
- ♥ Play Drums
- ♥ Have Fun!

When: November 5, 2016; from 10 am to 4pm

Where: Elks Lodge (on beautiful Sagamore Creek)
500 Jones Ave
Portsmouth, NH 03801

Early Bird! Register by Oct. 14th for only \$99*
After Oct. 14th : \$125*

*Includes lunch, playshops and instruments

To Register : Contact one of your hostesses, below.



What to expect:

- ♥ PlayShops for your mind
- ♥ Meditation for your soul
- ♥ Movement for your body
- ♥ Drumming for your whole being
- ♥ Play space for creative self-expression
- ♥ Celebratory closing drum circle

Bring your playful spirit and a drum or instrument if you have one.

No drumming experience necessary!

Your Hostesses:

Patsy Onatah ponatah@yahoo.com (207) 206-5524. Patsy, founder of The Humble Drum shares the power of rhythm to achieve joy, self-esteem and awareness of self and community. www.thehumbledrum.com

Monique Morimoto mgm@soulworksrythm.com (978)-687-4069. Monique, founder of SoulWorks Coaching® and SoulWorks Rhythm® empowers women to discover, embrace and manifest their potential so they can live happy fulfilling lives. www.soulworksrythm.com