

# **African & Chakra Drum Rhythm Workshops**



## **Beginners & Intermediate Workshops**

Beginners workshops cover the basics and several African drum rhythms and cross rhythms

Intermediate workshops add further African rhythms and include chakra drum rhythms and meditative percussion

## **Workshop Facilitator**

Teresa Konnaris is a teacher and facilitator of African drumming and chakra drum rhythm workshops. She is a retired person-centred counsellor and transpersonal therapist, working with personal development and the inner journey with the masculine and feminine.

Teresa is the author of the book 'The Higher Relationship' and artist for 'The Equation of Life Insight Card Deck' and 'Inner Artistry' transformational art collections (symbolic images, expressions of insight and transformation).

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