

Ahimsa Village
Friday Night Sustainability Series Program

Sacred Drum Circle with Carol Lindsay
Friday, February 12, 2010 at 7:30PM



The Drum Circle is an ancient form of connection and celebration. Connection with all that is and celebration of life! We sit in a circle with the instruments which I provide, in the middle. No experience is necessary! Together we explore the world of rhythm and freedom of expression. The goal is to entrain or fall into synchronization with each other which leads to joy! Please join me for a wonderful evening. .

Carol Lindsay has been a percussionist for over 40 years and a holistic health practitioner for 22 years. She has maintained a private practice in State College since 1987 and currently performs with the Nittany Valley Symphony, the celtic band Callanish, the improv group Tr-HANDS-formation and the duo From the Heart. Carol has a passion for music and rhythm and loves opening that world to others so that they can find the joy in discovering their inner "voice".

Light refreshments at 7:30pm, followed by program. Please RSVP to bob@ahimsavillage.org, 814-355-0850 if you plan to join us. Suggested donation \$5 benefits the Ahimsa Education Committee.

Ahimsa Village: Learning – Community – Sustainability. To learn more go to www.ahimsavillage.org,
email: info@ahimsavillage.org, 814-355-0850

A School of Living Community – www.schoolofliving.org

Directions – MapQuest: 4022 S. Eagle Valley Rd, 16844