

We begin here.

Stepping Into Rhythm Developing a Sense of Time

Foundational 3 Week Series

<https://frame-drum-circle-song-portal.teachable.com/p/stepping-into-rhythm-3-week-intro-developing-a-sense-of-time>

No Drum needed

Introduction to embodying rhythm through weaving stepping, hands and voice. Layne Redmond trained with drumming, stepping and voice before we touched the drums.

[INTRODUCTORY OPTIONS]

This will fulfill pre-requisite for all basic level 1 offerings.

Heart of Frame Drumming Signature Introduction

2 live recorded Workshops

Drum and voice

<https://frame-drum-circle-song-portal.teachable.com/p/heart-of-frame-drum-introduction-live-recorded-workshops>

Heart of Frame Drumming Signature Introduction : Drum, Stepping and Voice

4 Week live recorded Workshops

<https://frame-drum-circle-song-portal.teachable.com/p/4-week-live-recorded-heart-of-frame-drumming-signature-introduction>

Heart of Frame Drumming Signature Introduction BUNDLE

<https://frame-drum-circle-song-portal.teachable.com/courses/>

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You are now prepared to take any basic level 1 class, workshop or course both live or recorded

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