

PRACTICE TIME Ground into the Basics with Miranda Rondeau

- *Take the class as if you were going to pass it on. It will make you learn it deeper.
- *Come with a beginners mind
- *Honor your pace
- *Have patience with yourself
- *Have compassion
- *Spend no time comparing
- *Count every victory
- *Get comfortable with the uncomfortable.
- *Repetition is key
- *Repetition is Sacred
- *Repetition leads to progress
- *Progress over perfection
- *One note, one pattern at a time
- *Taking notes
- *Bring mindfulness, presence and devotion to the simple and the complicated
- *. Make your practice your offering
 - Remember what it is you are holding and be a transmission of that
 - Offering your focus, discipline, vibration, your intentions, your efforts

Practices outside of class

1. Review material soon after class within 1 -2 days to seal it in.
2. Play in the mirror and observe your hands
3. Play with your eyes closed and listen
4. Play as if you are playing for people in front of you.
5. Play as if your drumming and voice reaches the cosmos, the ancestors and the collective
6. Have a portion of your practice just be fun, light and exploratory without any rules.
7. Have a home for your drum in a place you can see and easily have access