



# Feeling the Earth Move Under Your Feet: Using Yoga in Drumming Groups

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GLR-AMTA ~ April 16, 2016 ~ 8:30-9:30am

View and/or download the slides from today's presentation at  
<http://joyfulnoisesllc.com/links.html>

## Notes

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## Action Items

How will you incorporate movement more intentionally into your drumming groups & self care?

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If you have any questions or comments, please let me know!

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