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**Relaxation
is Intelligence**

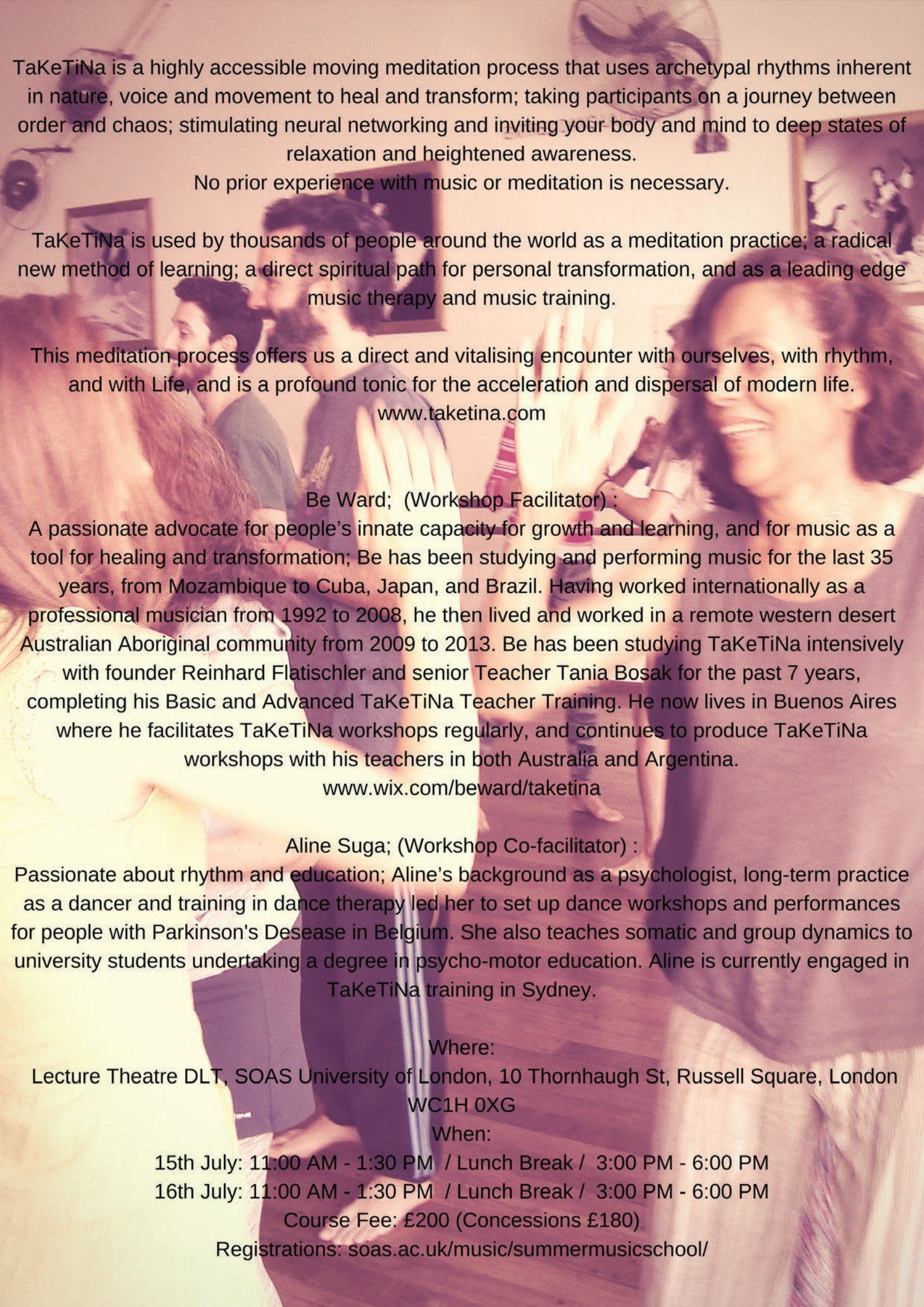
A moving meditation

Be Ward (Australia)
and Aline Suga (Belgium)

Registrations: soas.ac.uk/music/summermusicsschool/
Course Fee: £200 (Concessions £180)

Lecture Theatre DLT,
SOAS University of
London, 10 Thornhaugh
St, Russell Square,
London WC1H 0XG





TaKeTiNa is a highly accessible moving meditation process that uses archetypal rhythms inherent in nature, voice and movement to heal and transform; taking participants on a journey between order and chaos; stimulating neural networking and inviting your body and mind to deep states of relaxation and heightened awareness.

No prior experience with music or meditation is necessary.

TaKeTiNa is used by thousands of people around the world as a meditation practice; a radical new method of learning; a direct spiritual path for personal transformation, and as a leading edge music therapy and music training.

This meditation process offers us a direct and vitalising encounter with ourselves, with rhythm, and with Life, and is a profound tonic for the acceleration and dispersal of modern life.

www.taketina.com

Be Ward; (Workshop Facilitator) :

A passionate advocate for people's innate capacity for growth and learning, and for music as a tool for healing and transformation; Be has been studying and performing music for the last 35 years, from Mozambique to Cuba, Japan, and Brazil. Having worked internationally as a professional musician from 1992 to 2008, he then lived and worked in a remote western desert Australian Aboriginal community from 2009 to 2013. Be has been studying TaKeTiNa intensively with founder Reinhard Flatischler and senior Teacher Tania Bosak for the past 7 years, completing his Basic and Advanced TaKeTiNa Teacher Training. He now lives in Buenos Aires where he facilitates TaKeTiNa workshops regularly, and continues to produce TaKeTiNa workshops with his teachers in both Australia and Argentina.

www.wix.com/beward/taketina

Aline Suga; (Workshop Co-facilitator) :

Passionate about rhythm and education; Aline's background as a psychologist, long-term practice as a dancer and training in dance therapy led her to set up dance workshops and performances for people with Parkinson's Disease in Belgium. She also teaches somatic and group dynamics to university students undertaking a degree in psycho-motor education. Aline is currently engaged in TaKeTiNa training in Sydney.

Where:

Lecture Theatre DLT, SOAS University of London, 10 Thornhaugh St, Russell Square, London WC1H 0XG

When:

15th July: 11:00 AM - 1:30 PM / Lunch Break / 3:00 PM - 6:00 PM

16th July: 11:00 AM - 1:30 PM / Lunch Break / 3:00 PM - 6:00 PM

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