



Emerson Umbrella, Concord, MA
Sundays 2-4pm
March 20th, April 24th, &
May 22nd, 2016

Noyes School of Rhythm *workshops*



Special guest pianists provide live musical collaboration.



Relax, revive, and find true health with Noyes Rhythm movement.

Noyes Rhythm is a restorative and joyful movement practice for all people. Over 100 years old, this work creates balance, fluidity, and strength through its complete system of flowing techniques and fun improvisation. It brings deep inspiration to all artists through creative unfoldment and beautiful nature imagery.



Meditation in Movement: *Forest Breathing*

...and other nature journeys and somatic techniques

noyesrhythm.org