

Retreat Itinerary

Saturday Oct. 22nd

ARRIVAL AND REGISTRATION – 9:00 AM -9:45 AM

Session #1

10:00 AM- 12:00 NOON

Our journey begins where it all started. Before humans developed language skills, there was a deeper understanding through body language (rhythm), dancing, drumming, and chanting. Bring your drum and percussion goodies as we learn the P.O.P. song!

Come with an open heart and mind and the rest will follow!

LUNCH 12 NOON- 1:00 PM

Session #2

1:15- 3:00 PM

THE DRUM AND ITS APPLICATIONS BEYOND THE AFRICAN DIASPORA

Altaf will take us on a journey into our individual connections with the drum. Rhythm, the universal language will be experienced in a very unique way that only Altaf can share. Release your own potential through understanding your source, and how it connects to the African diaspora.

BREAK 3:00- 3:30

FREEDOM, DISCIPLINE, FREEDOM

3:30-5:30 PM

Learn new facilitation skills and how to apply them in the drum circle to further enhance your communities potential. This mentoring journey will stay with you! Rhythm, Retention, d Relaxation!

DINNER 5:30 PM-6:30 PM

Session #3

7:00-9:00

A drum circle journey to bring it all together that will be facilitated by Altaf and Doug in a festive spirit. A question period will be included to further enhance your studies.

Free time

Evening Open Drum Circle Session – Weather permitting, we will drum outside or in the gathering hall; your choice!

Sunday Oct 23rd

BREAKFAST 8:00-9:00 AM

Session #4

HUMAN RHYTHMIC ENERGY 9:30 -11:30

Facilitation skills and techniques will be demonstrated empowering participants to expand their own community drum circles experiences through the real time applications of HRE iconology.

Free time

LUNCH 12:00 – 1:00

Departure after lunch to get you home early!

RETREAT INFORMATION

- 1) Please bring your drum (if you have one) and any noisemakers or unique/homemade “instruments”.
- 2) Please bring a set of slippers or shoes for indoor use.
- 3) You can call the store to pay in full ahead of the trip or pay your balance upon registration at the facility.
- 4) Please be aware that there is no breakfast sat. morning , but there will be a snack around 10:45 am.
- 5) We will begin the festivities at 10:00 am sharp on Sat, so please arrive on time (check in is anytime after 8:30 a.m.)
- 6) A retail booth will be set up with product for sale. Please let us know if there are any product requests we can bring up on the day of, so we can accommodate your interests! Soul Drums is always ready to scratch your drumming itch!

Looking forward to seeing you for a wonderful weekend of drumming fun and adventure!!!

DIRECTIONS:

Please google YMCA Leadership Camp at #13300 - 11th Concession in Schomberg Ontario LOG 1T0 for accurate directions from your location

From Hwy 400 exit from north or south at King Rd Regional Rd 11 and travel west towards Bolton/Nobleton for 11.5 km. (thru Nobleton)

After Nobleton keep an eye out for your right turn at Concession Rd #11 Continue north for 950 meters and the location is on your left hand side.

We will gather at the first main large building on your right side just past the large parking lot.

SOUL DRUMS RETREAT WEEKEND FALL 2011

“THE P.O.P. COMMUNITY DRUM CIRCLE TRAINING WEEKEND”



with

DOUG SOLE and ALTAF BWANA MOTO

THE CEDAR GLEN Y.M.C.A.
LEADERSHIP CAMP
ALBION HILLS, BOLTON, ONTARIO

Retreat Description

The Soul Drums P.O.P. Retreat Program integrates Human Rhythmic Energy activities from contemporary drum circles with open group discussion to teach skills in focusing and listening, team building, healthy community behaviors, positive risk taking, self-esteem, awareness of others, leadership, expressing feelings, as well as components of traditional ensemble African drumming styles. **The program is designed to assist others to gain facilitation skills with no required past musical experience.**

Our experience has shown that our program can significantly improve many behavior issues, as well as positively influence social skills while developing leadership principles.

The Soul Drums P.O.P. program can be easily adapted to any population, including teens, families, and older adults.

P.O.P. was developed through the experiences gained in over 30 years of the combined expertise of Soul Drums Facilitation Staff. This program is professionally sound, rhythmically engaging, and highly sustainable.

Many school counselors, teachers, social workers, therapists and corporate trainers in the province of Ontario have received professional development training in our Soul Drums P.O.P. programs. Those that have implemented the program respond that the program is useful and that the curriculum materials are user-friendly.

Testimonial

Harmony and Community are two words educators use to describe their ideal school setting and indeed there are always times when this is truly exemplified in our schools. Soul Drums is a vehicle that tangibly brings this ideal to life in a lasting way. The harmony and rhythm of unified percussion becomes a metaphor for collaboration and team-building. When this is tied into positive messaging that has personal and community relevance, the staff and students who participate in this program feel validated and renewed. We notice that this sense of positive self-image spills into various areas of their lives. I highly recommend the POP program offered by Doug Sole, and Altaf Bwana Moto, it is an excellent addition to any school program.

John Wujek
Principal,
Msgr. Fraser College

Your Facilitators:

DOUG SOLE

Recognized as one of North America's leading Corporate and Educational Drum Circle Facilitators, Doug is also a successful author. He has facilitated drum and rhythm based events nationally and internationally ranging from 10 to 3,000 players in size. Doug has designed courses for and trains teachers, therapists, and team leaders to help fulfill the new challenges in today's educational curriculum as well as the business sector. His presentation styles strongly link Multi-Cultural Integration, inspirational personal expression and musical performance as well as character and values-based educational programs. Since 1992, Doug's corporate clients have included many sectors within both the Federal and Provincial Government of Canada, as well as many Fortune 500 companies. His new book **"HUMAN RHYTHMIC ENERGY- TRANSFORMATIONAL LEADERSHIP FOR CLASSROOMS COMMUNITIES AND CORPORATIONS"**, is used as mandatory curriculum in the Simcoe County and the Trillium Lakelands Board of Education. Come actualize your individual potential through the guidance of a masterful teacher, leader, and performer.

ALTAF BWANA MOTO

Altaf (Drummer / Percussionist), born and raised in Nairobi, Kenya, began his music career in the vibrant mid-seventies music scene in Nairobi. He has lived and worked in Germany, U.S.A. and Canada since leaving Nairobi in the eighties, and has been facilitating drum circles for more than 20 yrs. He is fluent playing drum set and percussion. Altaf teaches part time leading drum circle classes and private lessons exclusively at Soul Drums Ltd.

Altaf is a drummer & percussionist of the 21st century, and will open up your pathway to music from around the world. His knowledge of rhythms and music of the African diaspora and World music styles afford him a unique style. His teaching concept focuses on both the roots of a rhythm and its practical application. Clients and attendees of past events that Altaf has facilitated include Dr. David Suzuki book release 2011, The Boy Scouts of Canada, TD Bank, Eli Lily, R.B.C. and others.

In December 2005 he released an educational C.D./Book "African Grooves for Drumset" featuring some of his favorite African rhythms adapted to the drum set. He teaches congas, djembe, darabouka, talking drums, drum set and also conducts drum circles in the spirit of uniting people.

WHO SHOULD ATTEND

- DRUM CIRCLE PARTICIPANTS
- MUSIC/ARTS TEACHERS
- HAND DRUM ENTHUSIASTS OF ALL AGES
- EDUCATORS
- THERAPISTS
- DANCERS
- H/R TRAINERS

Cost:

\$249.⁹⁹ + HST

Based on double occupancy.

Private room rates—additional fee of

\$55.00

Open to all ages and Families Welcome!

All past P.O.P. course attendees receive 10% off!!

The price includes:

All events, 4 meals (vegetarian included) 3 snacks/ refreshment tables, lodging in beautiful log cabins, private ensuite washrooms, games room. To register and to receive your itinerary/direction brochure, please call or send \$100.00 non-refundable deposit to;

Soul Drums Ltd.

5295 Yonge Street, Toronto, Ont. M2N 5R3

416-225-5295

1-800-305-7685

Loaner drums can be provided at no charge. Please let us know if you can carpool or need a lift and we will try to arrange it.