

About the leaders

Reinhard Flatischler, born in 1950 in Vienna, is



- a graduate of Viennese Music University with a Concert Diploma in piano
- the founder of the TaKeTiNa process in 1970
- a teacher at music universities in Vienna, Zurich, Hamburg, Hanover, and Universidad Anhembi Morumbi (São Paulo)

- a scientific member of the International Society for Music in Medicine
- the leader and composer for MegaDrums, an international percussion ensemble that includes Airto Moreira, Zakir Hussain, Glen Velez, Leonard Eto (of the group KODO), and others
- the musical leader of the research Rhythm and Pain Therapy Project, conducted with physicians of the German Pain Colloquium
- Winner of 2006 Erasmus EuroMedia Awards for his book, *TaKeTiNa—Rhythm for Evolution* and CD-ROM, *TaKeTiNa Rhythm Explorer*

Cornelia Flatischler, born in 1966 in Zurich, is



- a Senior TaKeTiNa teacher, co-developer, and co-leader for all TaKeTiNa trainings and workshops worldwide
- a teacher at various music schools and universities
- a member of MegaDrums
- a Tai Chi, Chi Gong, and Tao Yoga practitioner with 25 years of intensive training

See you there



Springstep

98 George P. Hassett Drive
Medford, MA

Driving: Take I-93 North to exit 32 (Route 60—Medford Square/Malden). Enter rotary and take the third exit, merging onto Route 60 West/Salem Street toward Medford Square/Arlington. Take your first left onto River Street. At the end of the road turn left onto Riverside Avenue. Stay in right hand lane. At the first traffic light, turn left onto Clipper Ship Drive. Springstep's glass facade will be immediately visible.

Public transportation: Info at www.springstep.org

Lodging option

A special *Taketina weekend hotel rate* of \$105 is available at the nearby Hyatt in Medford. Please make your reservation by March 23 to qualify for this rate. Call 781.395.8500 and mention "Taketina Workshop group."



On the days of the workshop...

wear comfortable clothing. You may want to bring water and a floor mat or blanket for lying on the floor at the end of each journey.

more info & online registration at
rhythmforlife.wordpress.com
617.842.8565 • enf1234@att.net



letting go
letting happen
letting be

three-day TaKeTiNa workshop
April 23–25

Medford, MA

Reinhard Flatischler
Cornelia Flatischler

co-leader

taketina.com

ta ke ti na
RHYTHM FOR EVOLUTION

TAKETINA

essential strategies for the times we live in

Beyond the external noise of the world and the internal chatter of our brains —created by our desires, hopes, fears, thoughts, struggles, and planning— we all yearn for a state of deep inner peace, ease, and quiet; we desire a sense of “being at home.” “Letting go, Letting happen, Letting be” are essential doorways.

When you want to fall asleep but are kept awake by compulsive thinking, **Letting go** is essential.

When a musician cannot abandon control and let go of active doing, the magic of music cannot unfold. It is not more practice that changes the situation but simply learning the art of **Letting happen** that immediately gives the music a quality that touches everyone.

Finally, the most difficult skill is the art of Letting be. **Letting be** is often confused with passivity or even fatalism. Yet, sometimes only if we can leave life alone, step back, and surrender to “what is” can a fresh perspective appear to guide us through a challenging situation.

Rhythm is an effective tool for experiencing and learning the essential skills of Letting go, Letting happen, and Letting be. Rhythm teaches us at the “metalevel” —not in an environment colored by daily habits and emotional reactions. TaKeTiNa can help you apply these strategies into your life, and TaKeTiNa workshops give you hands-on practice that you can continue to use at home.

And that may alter your life in an astonishing way

ta ke ti na

RHYTHM FOR EVOLUTION

Make check or money order out to:
Odaiko New England
and mail it with this completed form to:

Elaine Fong
68 Parkman Street #3
Brookline, MA 02446

name _____

address _____

phone _____

e-mail _____

workshop fee:

\$325 early registration* • \$365 after April 5

Meals and lodging are not included.

Friday, April 23–Sunday, April 25, 2010 • Medford, MA

Springstep • 98 George P. Hasset Drive

Medford, MA • April 23–25

Reinhard Flatischler **Cornelia Flatischler**
workshop leader *co-leader*

7–9:30pm **10am–5:30pm** **10:30am–4pm**
Friday *Saturday* *Sunday*

more info & online registration at
rhythmforlife.wordpress.com
617.842.8565 • enf1234@att.net
Call or e-mail Elaine about student prices and discounts

All payments are non-refundable one week prior to workshop unless your space can be filled.
\$50 processing fee for cancellations.
Register early — space is limited!