

# Esalen®

**Weekend of January 1, 2010**

8:30 pm 1/1/10 through 11:30 am 1/3/10

*Got Rhythm? Develop Your Inner Rhythm  
by Studying World Music with Ancient Future  
Leader Matthew Montfort*

Matthew Montfort of the pioneering world music band Ancient Future, is the author of Ancient Traditions -- Future Possibilities: Rhythmic Training Through the Traditions of Africa, Bali and India. The book, which is the basis for the workshop, received rave reviews in publications such as GUITAR PLAYER, ELECTRONIC MUSICIAN, DRUMS AND DRUMMING, and the SAN FRANCISCO CHRONICLE. Material from the book has been used by musicians such as Reinhard Flatischler, founder of the TaKeTiNa rhythm training process, and Steve Smith, famed jazz and rock drummer.

The workshop is presented in an easy to follow, entertaining yet educational format. Not just for musicians and percussionists, this training can help anyone with a desire to improve their rhythmic skills. Timing is everything, and learning the ancient rhythms of the earth can help one to be more in tune with life. Melodic aspects of the traditions will also be covered. No musical background is required.

Register on the web or call 831 667 3005

For additional information please contact [info@esalen.org](mailto:info@esalen.org)

*Esalen Institute, founded in 1962, has long been recognized as a world leader in alternative and experiential education. The institute is dedicated to exploring work in the humanities and sciences that furthers the full realization of the human potential.*



*Dramatically situated on the Big Sur cliffs, Esalen is equally renowned for its transformational seminars and trainings, and its natural healing hot springs.*

