

Sound Circles, Singing, Movement, Therapeutic Chi Kung, Drumming, Art, Guided Meditation, Toning, Archeo Astronomy

Who we are

Kaiumari: Kaiumari has 20 plus years of interactive sound circle, toning, guided meditation, movement meditation, improvisation and singing experience. She is also a student of Chi Kung, and an accredited facilitator in meditation practices. Kaiumari has a working in-depth knowledge of sound and it's effects upon brain states and physiology. She has facilitated numerous events for churches, senior centers, and gatherings in the United States as well as has taught arts at the Armory Center of the Arts, Montecito Arts institute, Antelope Valley College, Cinema Academy, and in the Unified school districts.
<https://sites.google.com/site/thewaterpath/the-instructors>

<http://fragranceofsound.yolasite.com/kaiumari.php>

<http://livingceremony.yolasite.com/about.php>

Esteban Ayotl: Esteban is a traditional shamanic medicine person. This lineage was handed down from his Guadalaran grandmother. He has formally studied shamanism with a Mongolian – Southern Ute teacher for 20 years. He also has been drumming since he was 8 years old and knows the in-depth scientific background of just how and why drumming is an effective therapeutic tool for healing, stress reduction and accessing one's subconscious mind and higher states of consciousness. He leads drumming workshops, and interactive sound circles with Kaiumari, is a student of Chi Kung and is an astronomer and member of the Orange County Astronomers. He has facilitated events for churches, the Boy Scouts of America, O.C.A, schools, in Orange County and in the Los Angeles area. He is currently apprenticing with Master F. Awe, an African priest and master of the African Talking Drum.

<https://sites.google.com/site/thewaterpath/the-instructors>

<http://livingceremony.yolasite.com/>

<http://fragranceofsound.yolasite.com/esteban.php>

<http://livingceremony.yolasite.com/about.php>

Leanora Panisch: Leanora has been teaching dance since she was in her 20's. Leanora has been a producer and performer at dance and improvisational salons for many years, and used to have a long running one woman show in the Los Angeles area. At a ripe age of 87, she still continues her dance, and teaches to the lucky students who receive her presence. Leanora and Kaiumari have been working together for more than 6 years.

<http://articles.latimes.com/2000/may/08/entertainment/ca-27689>

http://articles.latimes.com/1986-07-28/entertainment/ca-18549_1_modern-dance

Presentations by Kaiumari

(note: all presentations below are specifically designed with the special needs and abilities of the population addressed. References and Testimonials available.

1. Crystal and Singing Bowls guided meditation	Kaiumari
2. Interactive Sound Circle	Kaiumari / Esteban
3. Toning workshop	Kaiumari
4. Drum Circle / Participatory Rhythm circle	Esteban
5. Drum and Movement Circle	Esteban & Kaiumari
6. Drum Meditation	Esteban
7. Improvisational Movement class	Kaiumari
8. Improvisational Movement class	Leanora and Kaiumari
9. Archeo-Astronomy and Mythos	Esteban & Kaiumari
10. Therapeutic Art and Music	Kaiumari
11. Gong Meditation	Esteban / Kaiumari
12. Therapeutic Movement (Chi Kung)	Esteban / Kaiumari

Shamanic Classes

13. Shamanic Drum Journey	Esteban / Kaiumari
14. Sacred Indigenous Plants for Purification and Blessing	Esteban / Kaiumari
15. Dream Catcher	Esteban / Kaiumari
16. Shamanic Drumming	Esteban / Kaiumari
17. Moontime	Kaiumari / Esteban
18. Medicine Wheel	Esteban / Kaiumari
19. Kunlun Nei Gung Workshop	Esteban / Kaiumari

All classes can be booked with Kaiumari for Kaiumari, Esteban and Leanora

Descriptions of the above classes below.

1. Crystal and Singing Bowls guided meditation Kaiumari
Hear the sounds of the crystal / singing bowls. Be lead into guided meditation / or sitting meditation. Journey into a discovery of your internal landscape and empowerment. This meditation can also be geared for stress relief.

2. Interactive Sound Circle Kaiumari / Esteban
Sing with Crystal Bowls , Native American Drum and other instruments. We join together to sing, in a group sounding. In guided meditation we join our intention together to create a feeling of empowerment, camaraderie and connection for personal and or planetary healing and peace.

3. Toning workshop

Kaiumari

Participants learn how to tone, and make sound to create self healing and stress relief. Here we explore the physical healing properties of toning and vibration and learn the history behind this art. Feel the power of toning.

4. Drum Circle and Rhythm circle

Esteban / Kaiumari

Esteban guides the participants to play drum patterns with rhythm instruments, spoons or other items around the facility, or by clapping or tapping on books on desks or on their bodies, etc. The therapeutic effects of rhythm will be discussed.

5. Drum and Movement Circle

Kaiumari and Esteban

This workshop guides the participant through improvisational and guided movements to the drum / and various music. Participants can be either blindfolded, asked to keep their eyes closed, the room darkened or can remain with eyes open depending on the group and situation. Here we learn to feel different feelings in our body while we let go to the healing properties of the medicine drum.

6. Drum Meditation

Esteban

Participants will be either asked to close their eyes and go within and relax or will be led through a guided meditation where they are asked to imagine themselves going on a journey. Participants will be able to relax and let go of stress as well as hear the magical sound of the Native American Medicine Drum. The healing properties of the medicine drum shall be discussed, and why medicine drums work for healing.

7. Improvisational Movement class

Kaiumari

In this workshop we explore internal and external movement and the world of improvisation. We will also explore various movements combined with vocal sounds. Let go of your inner critic and enjoy having fun again.

8. Improvisational Movement and Music class

Leanora & Kaiumari

Leanora, an 87 year old senior, leads students in an expressive movement class. Much or all of this movement can be done from a wheel chair or chair. Leanora is an incredible facilitator and example of a senior in motion.

9. Archeo-Astronomy and Mythos

Esteban

Esteban will set up a few telescopes in the evening and help participants to see the wonders of the night sky. He will also be telling stories about the stars and constellations, and sharing the mythos connected with the heavenly bodies and it's relevance to our internal mythos and collective mythos.

10. Therapeutic Art, Music and Movement.

Kaiumari

Participants will have the opportunity to create art from an experiential therapeutic model. There are various forms of this workshop including exploring group movement and performance while art making, making art while listening to various forms of music, meditation while making art, exploring feelings through art and sound, etc.

11. Gong Meditation

Esteban or Kaiumari

Hear the sound of the large Gong and be taken on a sonic journey. The gong in many cultures has been used to remove illness, stress, and distress. Large brass instruments are found in many spiritual centers due to their therapeutic effects.

12. Chi Kung Therapeutic movement & Exercises

Kaiumari and Esteban

These movements can be done standing as well as in chairs, in bed and in wheel chairs. This class can be done one time, but is good to do on a weekly or repetitive basis or at home as a practice. Chi Kung helps blood and energy move properly through the body while bringing balance, vigor, energy and health to the meridians in the body.

13. Shamanic Drum Journey

Esteban and Kaiumari

Participants will be placed in the opportunity to journey into the internal landscape of the shamanic dream-scape. Here the participant has the opportunity to connect with their inner true self, and begin to understand their internal mythos. This journey will incorporate being led into the 3 aspects of your soul's expression: your celestial soul, earth soul and underworld soul.

Scientific research has documented that the sound of the shamanic drum has altered states of consciousness. A shamanic drum incorporates a spiritual aspect of indigenous cultures that when applied, transcends linear understanding. A practitioner that is properly trained and understands these subtle effects, can produce predictable and verifiable results on a consistent basis. The scientific basis for these results will be shared in in-depth Shamanic Drumming workshops below.

14. Sacred Herbs and Plants for Purification, etc.

Esteban and Kaiumari

Discovering True Relationship with the world of the Green and Growings
From an Oral Tradition passed down through generations comes a traditional lineage protocol on usage and right relationship
An Experiential understanding of Blessing and Purification Plants
Current State Regulations for gathering Sacred Plants
<http://livingceremony.volasite.com/>

15. Dream Catcher

<http://livingceremony.volasite.com/offerings.php>

16. Shamanic Drumming

<http://livingceremony.volasite.com/offerings.php>

17. Moontime

<http://livingceremony.volasite.com/offerings.php>

18. Medicine Wheel

<http://livingceremony.volasite.com/offerings.php>

Taoist Meditation

19. Kunlun Nei Gung Workshop – A very ancient Taoist form of Internal Meditation designed to purify the 18 thousand Nadis in the body, and awaken your true nature. Enquire if you are interested.