

Drumming Camping Yoga

5th annual

Rhythm & Spirit Weekend

*“Totally awesome! Nourishment
on so many levels.” - Cathy G.*

Join Shaun Laframboise & Allison Gemmel Laframboise from KDZ, the Kripalu Drummers, for a life-giving weekend of yoga, drumming, community, and connection with the great outdoors.

When: June 10 - 12, 2011

Where: Pinewood Lodge Campground
Plymouth, MA

How: Register at www.handsdown.org

Questions: Email info@YogaandDrumming.com
or Call 617.852.2514

The theme of the weekend is FUN!

www.Handsdown.org

