



Rhythm Dance & Drum Circle

Dancing and drumming
are two sides of the same experience.

Join us to express yourself and create with others
in a relaxed collaborative setting.

All abilities welcome, wear comfortable clothes,
bring a drum if you have one (they will be available too),
and your playful spirit!



Janaea Rose Lyn is a dance artist, educator, and drummer who has directed companies, college programs and worked in community settings. Her passion is encouraging individual expression through creative collaboration.

BEGINNING MARCH 9th
Monthly on the Second Monday

1:00pm - 2:00pm \$5

Milton CHEER Center
24855 Broadkill Road

JOIN US!!



Marthea Proudfoot is a vocalist, drummer and Native American flute player. She's been leading drum circles in Delaware for the past five years and believes passionately in the power of music and rhythm to heal through joyful participation!