

WHERE'S THE BEAT?



- A. West Africa, Bali, and India, birthplaces of polyrhythm, gamelan, and tala.
- B. Within every performer, where musical dreams are made.
- C. In a rhythm training manual by Matthew Montfort called *Ancient Traditions — Future Possibilities*.
- D. At a FREE workshop at the Cloverdale Arts Alliance, Cloverdale, CA, March 6, 2024, at 7 PM.
- E. All of the above.

THE ANSWER

If you answered, "E. All of the above," you are well on your way to finding the beat! Read on to find out how a training manual on the rhythms of Africa, Bali and India can help performers of all types reach their musical dreams.

THE WORKSHOP

Got Rhythm? Get the Beats of Africa, Bali, and India with Ancient Future Leader Matthew Montfort

Wednesday, March 6, 2024, 7 to 7:45 PM

Cloverdale Arts Alliance

204 N. Cloverdale Boulevard, Cloverdale, CA 95425.

Introductory workshops: FREE. Ongoing classes: \$150 for six more weeks. Sign up: info@cloverdaleartsalliance.org.

Free online version sign up: lessons@matthewmontfort.com.

This free introductory workshop is presented in an easy to follow, entertaining yet educational format for all music lovers. African polyrhythms, Balinese kotèkan and Indian classical music were chosen as the source material for the training because these three traditions in combination cover the major types of rhythmic organization used in most of the world's music. Not just for musicians and percussionists, this training can help anyone with a desire to improve their rhythmic skills. The workshop is open to all levels, and no musical background is required. Very simple to play percussion instruments will be provided, and participants are free to bring any percussive instrument they enjoy playing.

THE BOOK

Matthew Montfort 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 this world music 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 many teachers and musicians around the world, including Reinhard Flatischler, founder of the TaKeTiNa rhythm training process, and Steve Smith, famed jazz and rock drummer. The book takes the student on a musical voyage through these ancient rhythmic traditions with a series of exercises that require no instruments to perform. Interesting, imaginative and fun, these rhythm exercises will be of immense help to **all** musicians, not just percussionists.

More info: www.ancient-future.com

