



River Spirit Flute Circle

Announces a [new flute circle](#)

At the Cancer Center for Healthy Living

When: First Friday of each month: beginning Friday, June 6th, 2008

Time: 6:00 – 7:30 p.m.

Place: Cancer Center for Healthy Living – HULT Education Center in front of Proctor Hospital - 5215 N Knoxville Ave, Peoria, IL 61614

Open: to the public and all skill levels are welcome: borrow a flute or bring your own – and join us for an evening of NAF music.

Contact: Debra Disney at CCHL - Debra Disney- ddisney@cchlpeoria.org for information. If you do not own a flute Debra is taking flute purchase orders thru May 9, 2008

Facilitator: Pam Greenslate

Playing the Native American Flute:

The Native American flute provides a peaceful, tranquil sound - for use in relaxation, mediation, and healing The NAF is an intuitive instrument - and traditionally the player finds a flute - decides to play - and if playing traditionally begins to work with the energy of the flute. In that tradition formal lessons are not taken - and the player works with the flute intuitively learning the sounds the flute can produce - and as time and practice increases the player often finds her/his abilities are improved through this non-formal education of flute playing. Each flute is tuned to one key - so most players own several flutes - which gives them a wider range of playing. Flutes are usually divided into high, middle, and low keys. The NAF produces a breathy sound - that often resonates as it is being played. Modern day flute players, like R.C. Nakai, have expanded this instruments ability - and today it is played in many musical forms and styles. Nakai often fronts for symphony orchestras - as well as having a jazz quartet - a trio - and plays with other musicians from indigenous cultures. The NAF is a versatile instrument - whose popularity has grown over the past 20 years - and today many flute circles can be found throughout the country - and organizations like the International Native American Flute Association encourage the playing of the NAF.

