



February 21, 2014

Mika Scott
Drumming Magic
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Dear Mika,

Thank you for helping to kick-off Spirit Rock Meditation Center's annual staff retreat. The rhythm based activity that you developed for our group was a huge success! Our staff loved it as a unique and memorable start to our week of practice together.

The first time I perused your website, I wasn't sure if this type of an activity would be a good fit for SRMC. After all, we are a retreat center so many of us prefer to sit in silence rather than get noisy with drums and other percussion instruments! ☺ However, after speaking with you and hearing your description of the kinds of groups you've worked with as well as your approach I felt confident that it would be a success.

Everything flowed beautifully! From a "logistics" perspective, I couldn't have asked for a more flexible and supportive partner. I appreciate that you were open to delivering the instruments early in the morning and work with our sound technician to stage everything ahead of time. It allowed for much more ease with our tight schedule. From a "fun" perspective, I loved how you started the group out with very safe and easy rhythms and then gradually built on our confidence and enthusiasm with instruments, movement and even vocal musings. By the end we seemed more like a gospel-funky-Cirque du Soleil troupe than individuals who work at Spirit Rock. Maybe you just helped bring out our true nature or at least an extremely playful side that we don't often see of each other.

In closing, I really want to thank you for just being "you". Your aliveness and positive energy is contagious and we all benefited from being enveloped by your enthusiastic and wide-open heart.

Metta,
Beth

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