



R.I.T.M.O.

Winter R.E.TREAT 

Welcome the New Year in
**PURE BLISSFUL
FLOW**

2 - 6 JANUARY 2023
Stels, Graubünden - Switzerland

Info:

www.tupacmantilla.com/ritmoretreatwinter



About the R.I.T.M.O. Retreat

R.I.T.M.O. is a holistic approach to rhythm, created and envisioned by Colombian percussionist Túpac Mantilla, based on the use of the body as our main instrument, with the intention to enter rhythmic flow through contents around body percussion and body rhythm and to open a space that develops the individual creativity as part of a holistic experience. R.I.T.M.O. uses flow to learn complex patterns and to create longtime memory, it trains coordination and motor skills, it invites to explore movement through the perspective of rhythm and to experience a wide range from basic to complex rhythmic structures and polyrhythms.

Learn tools from Túpac's unique body percussion system (like Scales, Power Rhythms, Duntas and Circulines) and get to know concepts, games and settings that give room for creativity and improvisation, as you interact in a collective sharing context and have a lot of fun.

The Retreat is organized in a way that you can customize your own personal journey based on your particular interests. Choose from different practice sets that focus on body awareness, grounding, rhythmic meditations, body percussion technique and tools, grooves, polyrhythms, voice and movement journeys, brain activation, as well as discussions and talks around the scientific research and pedagogic methodology that supports the R.I.T.M.O. process. Special music, dance, drumming and open gatherings will take place in the evenings and throughout the course.

The Retreat offers a personal space to focus and reconnect with your inner rhythm and the intelligence of your body and invites you to develop and bring forward your own creative voice.

About Túpac Mantilla

Túpac Mantilla holds degrees in classical, world and Indian percussion studies from Javeriana University (Bogotá, Colombia), the New England Conservatory (Boston, U.S.A.) and Harvard University (Cambridge, U.S.A.). His performance activity includes regular appearances at venues such as Carnegie Hall, Lincoln Center and Kennedy Center, as well as festivals such as Montreux, Newport and North Sea Jazz, and collaborations with artists like Bobby McFerrin, Esperanza Spalding, Zakir Hussain, and Julian Lage, with whom he was nominated for a Grammy in 2009 for best contemporary Jazz Album.

He regularly teaches and gives lectures at institutions such as Stanford University, New York University, Berklee College of Music and the New England Conservatory. In 2012 he founded PERCUACTION (www.percuaction.com), an organization that develops and runs rhythm oriented artistic and social programs around the world, through an innovative rhythm curriculum, which in 2020 surpassed a teaching coverage in Colombia of 200.000 children. He is the founder of the Youth Education Program at the Panama Jazz Festival and the director of the World Rhythm Program at the Stanford Jazz Workshop and in 2020 he joined the Faculty at the Summer Educators Program at Carnegie Hall.

www.tupacmantilla.com

Contact

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