



### ***The Duo Playground: Rhythm in Movement and Music***

Rhythms of Life Program Introduces Kids to Healthy Movement and World Music from Putumayo

Rhythms of Life [www.rhythmsoflife.org](http://www.rhythmsoflife.org) is presenting a new way to enhance after-school programs for kids, involving culturally diverse tunes from Putumayo World Music and innovative movement that encourages daily fitness habits.

When Putumayo World Music tunes are blended with Rhythms of Life's (ROL) workshops, children journey through a world of different cultures without ever leaving home—yet they are always on the move. In ROL workshops kids sway, rock, balance and concentrate as they pursue the ancient art of rhythm sticks, an activity akin to juggling.

“Putumayo catches the authenticity of the music; it’s just about making music, dancing and celebrating and that comes across to the kids. You see it in how fluid their play becomes,” says Mike Liston, founder of Rhythms of Life, a nonprofit that provides learning-enrichment after-school programs based on kinesthetic skill development. Some other ROL activities include drumming, percussion, traditional juggling, and Frisbee skills. Rhythms of Life, based in Salt Lake City, has led workshops for students and teachers around the country. They will visit schools in the New York City area in late March.

Rhythms of Life and Putumayo have teamed up to offer a duo playground of sorts, one for the mind and one for the body. As kids move and exercise their bodies, they are also listening to melodies, instruments and rhythms derived from South Africa, the Caribbean, Cuba, Boliva, Nigeria and Ethiopia, to name a few. One of the favorites CDs in the programs is Putumayo Kids’ “African Playground.”

The music opens up discussion to such topics as geography (*Madagascar is the fourth largest island in the world and lies off the Eastern coast of Africa*); language (*“Journey” in Swahili, spoken in Kenya, is “safari”*); and traditional stories (*like the boy who had to learn that it takes more than a little hair on the chest to make a man*). Each Putumayo CD comes with song descriptions that are brimming with information so the mind can travel.



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currently distributed in more than 60 countries. In 2000, the company opened an office in the Netherlands and has sales representatives throughout America and Europe as well as in South Africa. In 2002, the company launched Putumayo Kids, which offers six award-winning children's music CDs and two multicultural activity kits that have reached hundreds of thousands of children. For more information, visit [www.putumayo.com](http://www.putumayo.com).



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