



Native Cave [本穴] is a sanctuary dedicated to mindfulness and tranquility. Located within the bustling urban landscape, Native Cave offers you a refuge away from the noise, allowing you to find inner peace and serenity.

The design of Native Cave combines natural elements with a primitive aesthetic, creating a harmonious haven. Earthy tones and gentle lighting create a warm and serene atmosphere, while the interior incorporates elements inspired by nature, enabling you to experience the power and beauty of the natural world within the modern urban environment.

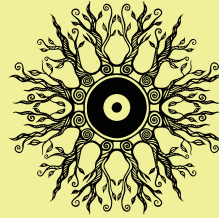
Native Cave hosts various mindfulness sessions, such as intimate concerts, sound baths, and music workshops. Whether you're a beginner or experienced, it's a sanctuary that prioritizes self-care, helps you reconnect with tranquility, and find inner peace amidst the city's vibrancy.

Native Cave [本穴] 是一個專注於正念和寧靜的聖地。坐落於熙熙攘攘的城市景觀中，Native Cave 為您提供一個遠離噪音的避難所，讓您尋找內心的寧靜和平靜。

Native Cave [本穴] 的設計將自然元素與原始美學相結合，創造了一個和諧的避風港。土地色調和柔和的燈光營造出溫暖而寧靜的氛圍，內部融入了自然靈感元素，讓您在現代城市環境中體驗自然世界的力量和美麗。

Native Cave [本穴] 舉辦各種活動，如親密音樂會、音療浴和音樂工作坊。無論您是初學者還是有經驗的人，它都是一個重視自我關懷、幫助您重新連接寧靜並在繁華都市中找到內心平靜的聖地。

#Mindfulness · #Calmness · #Awareness



Tutor 導師: Náv



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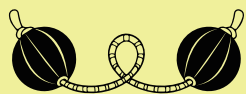
Pátio do Coronel Mesquita, No24, Macao



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Instrument
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節奏沙球教學課程 Asalato Workshop

親子班體驗班

堂數: 1堂 (1.5小時)

價格: \$250/每對親子(3對開班)

內容: 製作節奏沙球 · 基本教學

成人班體驗班

堂數: 1堂 (1.5小時)

價格: \$250/每位(3人開班)

內容: 製作節奏沙球 · 基本教學

初階班

堂數: 4堂 (1小時/堂)

時間: 預約時間(需1個月內完成4堂)

價格: \$800/每位(贈送一對Asalato, 2-4人同行可享8折優惠)

內容: 基本節奏組合 · 基本演奏手法 · 即興合奏 · 技術指導

適合對象: 想增加節奏沙球演奏手法 · 遇到瓶頸位需要人指導 · 想嘗試與其他人一同合奏練習

Parent-Child Experience Class

Number of Sessions: 1 session (1.5 hours)

Price: \$250 per parent-child pair (minium 3 pairs)

Content: Making your own Asalato, Basic Tutorial

Adult Experience Class

Number of Sessions: 1 session (1.5 hours)

Price: \$250 per person (minium 3 people)

Content: Making your own Asalato, Basic Tutorial

Beginner Class

Number of Sessions: 4 sessions (1 hour per session)

Schedule: Each session is scheduled (to be completed within 1 month)

Price: \$800 per person (includes a pair of Asalato as a gift, 20% discount for groups of 2-4 people)

Content: Basic rhythm combinations, fundamental playing techniques, improvisation ensemble, technical guidance

Suitable for: Individuals who want to improve their asalato playing techniques, seek guidance for overcoming obstacles, and wish to experience group ensemble practice.



非洲鼓教學課程 Djembe Workshop

親子班體驗班

堂數: 1堂 (1.5小時)

價格: \$250/每對親子(3對開班)

內容: 非洲鼓介紹 · 基本教學

成人班體驗班

堂數: 1堂 (1.5小時)

價格: \$220/每位(3人開班)

內容: 非洲鼓介紹 · 基本教學

初階班

堂數: 4堂 (1小時/堂)

時間: 預約時間(需1個月內完成4堂)

價格: \$800/每位(2-4人同行可享8折優惠)

內容: 基本節奏組合 · 基本演奏手法 · 即興合奏 · 技術指導

適合對象: 想增加節奏沙球演奏手法 · 遇到瓶頸位需要人指導 · 想嘗試與其他人一同合奏練習

Parent-Child Experience Class

Number of Sessions: 1 session (1.5 hours)

Price: \$250 per parent-child pair (minium 3 pairs)

Content: Djembe Introduction, Basic Tutorial

Adult Experience Class

Number of Sessions: 1 session (1.5 hours)

Price: \$220 per person (minium 3 people)

Content: Djembe Introduction, Basic Tutorial

Beginner Class

Number of Sessions: 4 sessions (1 hour per session)

Schedule: Each session is scheduled (to be completed within 1 month)

Price: \$800 per person (20% discount for groups of 2-4 people)

Content: Basic rhythm combinations, fundamental playing techniques, improvisation ensemble, technical guidance

Suitable for: Individuals who want to improve their djembe playing techniques, seek guidance for overcoming obstacles, and wish to experience group ensemble practice.



手碟教學課程 Handpan Workshop

親子班體驗班

堂數: 1堂 (1.5小時)

價格: \$280/每對親子(3對開班)

內容: 手碟介紹 · 基本教學

成人班體驗班

堂數: 1堂 (1.5小時)

價格: \$250/每位(3人開班)

內容: 手碟介紹 · 基本教學

初階班

堂數: 4堂 (1小時/堂)

時間: 預約時間(需1個月內完成4堂)

價格: \$1000/每位(2-4人同行可享8折優惠)

內容: 基本節奏組合 · 即興合奏 · 技術指導

適合對象: 想增手碟演奏手法 · 遇到瓶頸位需要人指導 · 想嘗試與其他人一同合奏練習

Parent-Child Experience Class

Number of Sessions: 1 session (1.5 hours)

Price: \$280 per parent-child pair (minium 3 pairs)

Content: Handpan Introduction, Basic Tutorial

Adult Experience Class

Number of Sessions: 1 session (1.5 hours)

Price: \$250 per person (minium 3 people)

Content: Handpan Introduction, Basic Tutorial

Beginner Class

Number of Sessions: 4 sessions (1 hour per session)

Schedule: Each session is scheduled (to be completed within 1 month)

Price: \$1000 per person (20% discount for groups of 2-4 people)

Content: Basic rhythm combinations, fundamental playing techniques, improvisation ensemble, technical guidance

Suitable for: Individuals who want to improve their handpan playing techniques, seek guidance for overcoming obstacles, and wish to experience group ensemble practice.