

07 – HERITAGE & EXPRESSION



ROOTED IN CULTURE

R|C

STORIES. IDENTITY. COMMUNITY.



ROOTED IN CULTURE

R | C

STORIES. IDENTITY. COMMUNITY.

ROOTED IN CULTURE

R|C

STORIES. IDENTITY. COMMUNITY.



RHYTHMS OF OUR HERITAGE

Music is more than sound, it's **culture**,
expression, and a **connection** to our roots.



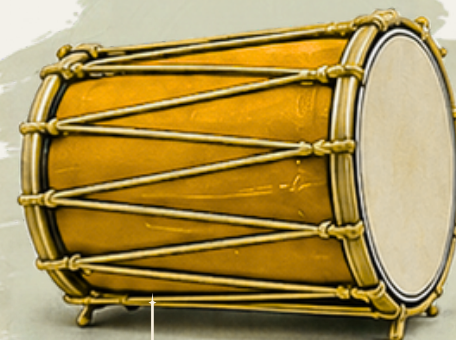
JAAL

Small hand cymbals
that add a bright,
rhythmic sound.



TASSA

A drum played with
sticks, creating the fast,
energetic rhythms at the
center of tassa music.



BASS

The deeper drum that
grounds the rhythm and
gives the music its pulse.



Together, each instrument contributes
its own sound to a tradition experienced
through **rhythm**, **movement**, and **community**.



DRESSED IN HERITAGE

Culture is expressed in what we hear—and *what we wear*.



KURTA

A traditional South Asian garment worn by men and women in many styles. Within Indo-Caribbean communities, kurtas are commonly worn for religious ceremonies, celebrations, and cultural gatherings.



LEHENGA

A traditional outfit centered around a long skirt, often paired with a blouse and dupatta. Lehengas are commonly worn for weddings, celebrations, and other special occasions.

