

# Drumming Fun Workshop

## *Experience the Joy of a Drum Circle!*

Drumming has been used throughout time for healing, ceremony, and community building. All of life has an underlying rhythm, whether it's our own heartbeat or the movement of the stars. Drumming is a way to re-connect with these fundamental rhythms, supporting wellness on every level of being.



At this unique workshop, you'll learn the fundamentals of drumming on African, Middle Eastern and Native drums. You'll participate in a drum circle using a rhythm designed to ground and balance personal energy.

In addition, you'll experience "creative drumming" where each person creates a unique beat out of which a group rhythm emerges.

It's fun and upbeat! There's no need for prior drumming experience, and the workshop is open to ages 8 to 88+.

### **Drumming Fun Workshop**

Date: Sunday, Feb. 13<sup>th</sup>

Time: 3-5pm

Santa Fe Center for Spiritual Living  
505 Camino De Los Marquez

Cost is \$10. You can bring your own drum, or use one of ours. (You can choose from hand drums and drums that use beaters.)

Visit [www.santafeharmonycenter.com](http://www.santafeharmonycenter.com) or call 505-989-3507 for more information.

*Jim Kinney and Jennifer Peters are co-founders of the Santa Fe Harmony Center, which provides music, energetic medicine, and workshops for healing and personal transformation. Jim has led drum circles for over 20 years, specializing in African, Latin, and Native American traditions.*

*Jim and Jennifer are "human potential" practitioners, providing experiential approaches to healing for over 20 years, using music and therapeutic methods from western psychology, neuro-linguistic programming, and indigenous cultures.*

