

Drumming up the Team – *an 1 day weekend retreat that takes much of the program content from ‘Playful Performance Enhancers,’ and customizes it to meet the with sports or professional teams with a vested interest in enhancing personal/team performance via the use of drumming, chant, collective collage and visioning work.*

The use of music and visualization techniques will be incorporated, along with facilitative drumming for the purpose of fostering motivation, drive, focus, collaboration and bonding within and between team members. Chant is used to help empower athletes and to provide a means in which to help reframe self-defeating thoughts, in still positive mindset and provide a personal tool for setting performance affirmations to music. Collective collage helps to bring unconscious images to consciousness and create a collective group vision to create cohesion and effective teamwork.

*Customized sessions can be provided onsite to athletes and teams.
May 27, 2012, 9:00 am – 3:00 pm, Location: Flowing Yoga, 126–2 Ave W, Cochrane, Alberta*

www.creativelearningsolutions.ca

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