

Family/School Community Drum Circles – *customized family, school and community drumming are available to parties interested in exploring and discovering the benefits of building community via the drum, creative movement & chant. Facilitative drumming will work with community groups to identify community needs and climate, explore issues around wellness.*

Mirror dancing and movement meditations, playful musical & vocal improvisation, identity, call & response & guided imagery drumming will be experienced and facilitated to promote common ground, well being, teamwork and a great sense of collaboration and connectedness.

Drum circles are great ways to have fun, blow off stress, enhance communications, and express oneself and to help groups focus towards a common cause or goal.

March 4, 2012, 10:00 am – 12:00 pm, Location: Flowing Yoga, 126–2 Ave W, Cochrane, Alberta

www.creativelearningsolutions.ca 403-519-1959