

Healing Drum Circle SYLLABUS

Course Description:

Research has shown that drumming builds your immune system, creates a sense of community, and literally rewires your brain. Sessions will focus on healing, reducing stress, enhancing personal wellness and joy! You will learn how to use drumming to heal yourself physically, emotionally, and spiritually - all while having fun and meeting new friends. Bring a drum (simple frame drum, Remo brand if buying) or percussion instrument; some provided. No experience is necessary.

Course Objectives:

Upon completion, students will be able to:

1. Describe the role of drumming in improving health and wellness.
2. List the three aspects of healing drum work that differentiate it from drumming as musical accompaniment.
3. Demonstrate at least four “life rhythms” learned in class on their drums.
4. Create a personal rhythm to address a current health or wellness challenge.

WEEK ONE: General Overview of the Course

The Science Revealed: Drumming Heals

- Overview of the benefits of drumming based on scientific research.
- Why this isn't drumming in a band (how healing drum work is different!)
- Learning basic “life rhythms.”

WEEK TWO:

Getting in the Groove

- Learning more “life rhythms”
- Incorporating cultural diversity in drum work and rhythms

WEEK THREE:

Sharing the Healing Drum with Others

- Learning more “life rhythms”
- Drum vibration and clearing negative energy, Drum massage

WEEK FOUR:

Drumming & Movement

- Physical movement benefits of drumming
- Active rhythms for healing

WEEK FIVE:

Creating Personal Rhythms

- Creating personal healing rhythms
- Sound healing & moving forward

Q&A Session - Wrap-Up/Conclusion