

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 health benefits of drumming based on scientific research.
- Learning basic “life rhythms.”

WEEK TWO:

Getting in the Groove ■ Learning more “life rhythms”

WEEK THREE:

Sharing the Healing Drum with Others ■ Drum vibration, clearing negative energy, Drum massage

WEEK FOUR:

Drumming & Movement ■ Physical movement benefits of drumming

WEEK FIVE:

Creating Personal Rhythms ■ Creating personal healing rhythms

Buying a Drum: We primarily use hand-held frame drums in this class. If you have a drum, please bring it, even if it's not a frame drum. To get the most out of the class, you should own the drum because you will develop a “relationship” with your drum. The most practical drum to buy is made by Remo - made in the US, does not need to be restretched, and can be cleaned with water or cleaning solution. Remo brand is available on Amazon (link below). Please make sure you purchase a DRUM, not a Drum Head or Drum Set. Those are just the thin top for drum sets. You will not need a mallet - I can show you how to quickly make one at no cost! (We only use mallets once and hand drumming is preferred, which I'll cover in class!) Drum size: 10 inch, 12 inch, 14 inch and 16 inch are all good sizes. I personally prefer one that has a notch in the wooden frame, as it's easier to hold with my “old” hands. Email if you have questions: intuitive1investigations@gmail.com

https://smile.amazon.com/s?k=Remo+frame+drum&crd=2A4EAGAM2WCET&srefix=remo+frame+drum%2Caps%2C244&ref=nb_sb_noss_1