

MIND MATTERS



DRUMMING FOR CALM

One Day Group Drumming Program
Theme Based, Deep Dive and Exploration

Introduction to Drumming Basics

The Drumming for Calm Group Introduction and basic drumming teaches the main drumming notes and rhythms – these being - The Base – The Tone – The Slap – The Flam – The Rumble

It includes a number of different rhythms and practice drills as follows:

- Foundation Rhythms
- The Heartbeat Rhythm
- Grounding
- Centering and
- Regulation

A series of exercises are used to explore the drum basics and teaching of the variations to rhythms. The drumming introduces the importance of the Base note and how that is used to support grounding and being present.

The 2 hours is fun and no drumming or musical experience is needed and the cost is \$150 and is payable in advance. The groups are run in person in Bacchus Marsh on the following dates:

- Tuesday 15 August at 4.00 pm – 6.00 pm
- Tuesday 29 August at 12.30 pm – 2.30 pm
- Tuesday 3 October at 4.00 pm – 6.00 pm
- Thursday 16 November at 3.30 pm – 5.30 pm
- Tuesday 28 November at 2.30 pm – 4.30 pm

A 2 hour group introduction to drumming allows you to participate in the full one day group drumming programs that are being offered. Participation in this introduction is a pre-requisite to the following one day group programs (10.00 am – 4.00 pm in Bacchus Marsh):

- Stress response and Trauma – 6 September 2023
- Safety, values, boundaries, mental health and triggers – 11 October 2023
- Feelings and Emotions – 21 November 2023
- Wellness, self care and personal growth – 12 December 2023

The groups are facilitated by Kaye Griffin and co-facilitated by Traci Tucker and supported by a trained canine animal assistant – Emmie (Alaskan Malamute)

It is about fun and the accessible nature of drumming and learning together

Drumming information visit [www. http://www.mindmatterscounselling.com/drumming-for-calm](http://www.mindmatterscounselling.com/drumming-for-calm)

All enquires to Kaye Griffin

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It is all about mind matters.