



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.

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:

- Safety, values, boundaries, mental health and triggers
- Feelings and Emotions
- Stress Response and Trauma
- Wellness, Self Care and Personal Growth –

The groups are facilitated by Kaye Griffin 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

