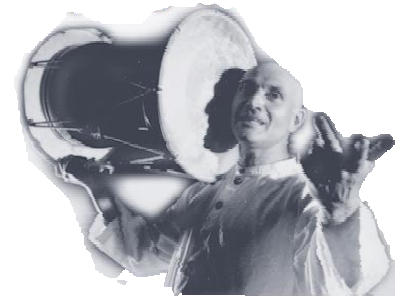


# Drum Circle Program

**Drumming sessions for all ages!**

**Up to 40 percussion instruments provided.**

**No experience required.**



Drumming as a group is a **relaxing, healthy,**  
**fun and educational** session that will definitely  
get your feet tapping and head bobbing.

As you travel around the globe exploring different *rhythms* and playing to  
different styles of music, including **pop, hip hop, ethnic** and more, **Boris will take you to the**  
**rhythmic world** and let you seek various techniques in *drumming*.

Playing the drums as a group is very beneficial and lets you socialize, have  
fun and let your spirit erupt!

## Special Events

Kids birthdays, clubs, groups and adult  
events

Make any event the BEST one!

Planning a birthday, gathering or running a club or  
group?

A drum circle will be the perfect activity!

# KIDS

Energetic kids? Perfect! A drum is the perfect place to land!

Group drumming is very beneficial for kids of all ages!

\*Improves child's overall scholastic performance.

\*Teaches hand-eye coordination.

\*Teaches children to be more tolerant and open to others.

# TEENS

**Bring 'em in! Drumming will definitely keep 'em busy for at least an hour!**

**Drumming is a healthy exercise as an interactive, engaging activity that easily replaces sedentary pursuits such as video games and television. Some more beneficial things about group drumming for teens:**

- **Mood elevation**
- **Great form of stress relief.**
- **More likely to have higher academic test scores.**
- **Boosts child's self-confidence, cooperation and communication with others.**

# ADULTS

Research shows that drumming can help with a variety of health issues, including:

• Improving cognitive function and memory

• Reducing stress and anxiety

• Boosting the immune system

=INCREASES ENERGY.

=HELPS WITH MOTOR SKILLS.

=DECREASES ANXIETY AND DEPRESSION.

=BOOSTS THE IMMUNE SYSTEM.

## Seniors

SOOTHING YOUR MIND, BODY AND SOUL THROUGH  
MUSIC AND DRUMMING .

What can drumming do?

Here are some benefits that drum circle give to seniors:

- Improves joint mobility.
- An improvement in language ability.
- Improves cooperation and social skills.
- Rhythm positively affects the body and has healing properties.
- Releases negative emotions.