



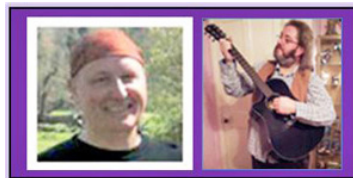
WELLBEING DRUMMING + TRIBAL CIRCLE DANCE

5 x Tuesday Evenings Course: Feb. 25th to March 24th 2020 from 7pm-9pm

SWAVESY VILLAGE COLLEGE, CAMBRIDGESHIRE, CB24 4RS

SUITABLE FOR BEGINNERS & EXPERIENCED DRUMMERS, FREE LOAN OF DRUM & RATTLE

TRIBAL CIRCLE DANCES & DRUMMING CHANTS FROM THE CELTIC & NATIVE AMERICAN TRADITIONS



Led by: **Michael Meredith** www.sunflower-health.com/healing.htm & **Keith Barrett** www.sunflower-health.com/keith/index.htm

Rhythmic drumming, especially when accompanied by chanting & simple symbolic circle dance movements, has the power to calm, centre, lift depression, release anger and stress emotions, boost the immune system, enhance health and stress-resilience.

WHAT IF YOU NO SENSE OF RHYTHM AND NO ABILITY TO CHANT AND DANCE??...

Old African saying: "If You can walk, You can Dance!! - If You can talk, You can Sing & Drum!!"

Even in the womb - Your Spirit was tapping & dancing to the rhythm of Your Mother's heart!!

Co-creative group-drumming taps into your natural self-expressive creativity builds self-confidence & self-esteem and a stronger sense of connectedness to oneself [self-integration] & others [teamwork].

Drumming helps us to experience being in harmony with the natural rhythms of life and helps us to release negative feelings, energy blocks and emotional trauma. Drumming brings you more fully into the present moment [mindfulness training] and provides a medium for individual spontaneity, creativity & self-realization.

Meditative and cathartic pow-wow drumming [multi-person drums] sessions are woven into your wide-ranging course of magical, therapeutic drumming experiences. Each evening ends with a drummed lying relaxation session with option of a visionary journey [shamanic journey].

Some Native American & Celtic circle dances and chants are included to help us drum holistically - from whole body and spirit! Each evening includes a short visionary "shamanic journeying" session.

BRING WITH YOU: a mat to lie on + drum and/or rattle if you have them

COURSE COST = £50

Enrol: www.swaveseyvc.co.uk OR by phone 01954 234488 or Email: community@swaveseyvc.co.uk

Equalities statement

"The County Council operates an Equality of Opportunity Policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at the support you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust."