



## WELLBEING DRUMMING + TRIBAL CIRCLE DANCE

4 x Tuesday Evenings Course: Nov. 15<sup>th</sup>-Dec. 6<sup>th</sup> 2022 from 7pm-9pm

Swavesey Village College, Cambridgeshire, CB24 4RS

Suitable for Beginners & Experienced Drummers, Contact us for Free loan of a Drum

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



Led by: Michael J. Meredith [www.sunflower-health.com/healing.htm](http://www.sunflower-health.com/healing.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 I HAVE NO SENSE OF RHYTHM and NO ABILITY TO chant OR DANCE?"

*Native Wisdom Replies...*

**"If You can walk...You can Dance! If You can talk...You can Sing! If Your heart beats...You can 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: mat to lie on + Native American-style frame drum and/or rattle, if you have them**

**Let us know if you will need to borrow a drum**

**COURSE COST = £48**

**Enrol at:** [www.swaveseyvc.co.uk/booking-payment-form-for-classes](http://www.swaveseyvc.co.uk/booking-payment-form-for-classes) [see below to enrol by phone or email]