



RHYTHM WORKS

CORPORATE WELLNESS & TEAM BUILDING

Facilitated by
Nancy Brauhn-Curnes
Tony Vandaver



THE NEXT STEP

Let's talk about how powerful a Rhythm Works event can be for you!

CONTACT US

Nancy Brauhn-Curnes
970-669-7045
Djembejive@gmail.com

LetsDrumNow.com

RHYTHM WORKS is accessible to all regardless of musical ability, age, sex, race, cultural and/or physical, cognitive, and mental challenges.

Rhythm Works is a subsidiary of Djembe Jive, LLC

 **RHYTHM WORKS** brings to your location a rhythm-based event using drums and percussion to promote:

- Corporate Wellness
- Team Building
- Listening Skills
- Attention & Focus
- Stress Relief
- Communication Skills

A team-building event encourages all members to connect and collaborate as they drum together! It revitalizes the group's energy and promotes creativity. It is about listening, cooperating, working/ playing together, and supporting each other to create a rhythmical product. Most of all, it's just plain fun!

It's easy! We bring the instruments, our skills and passion for rhythm to you.



Rhythm Works' dynamic instructors are Nancy, a certified drum facilitator and Tony, a skilled musician with fifteen years of experience. Together they generate a powerful and focused connection to rhythm and hand drumming for your group.



BENEFITS

Drumming provides many health benefits, including lowering blood pressure, boosting the immune system, and accelerating physical healing. It also promotes deep relaxation, releases negative feelings and emotional trauma, and increases memory, focus and listening skills. Most of all it's just plain fun!

RESEARCH

Group Drumming is:

- ✦ ACCESSIBLE • Provides successful and inclusive experiences
- ✦ AESTHETIC • Involves the interactive creation of beauty
- ✦ EXPRESSIVE • Non-Verbal mechanism for affective modulation
- ✦ PHYSICAL • Requires psychomotor coordination
- ✦ POWERFUL • Connects us to primal archetypes
- ✦ COMMUNICATIVE • Allows for the purposeful transfer of ideas
- ✦ BONDING • Creates social unity
- ✦ COGNITIVE • Requires perception, attention, and memory

(Source: Stevens, C.K. & Burt J.W. (1997) "Drum Circles: Theory and application in the mental health treatment continuum." 4 175-184)

PROGRAMS 45 MINUTES - 2 HOURS

ONE-HIT WONDER • A one time only team building workshop

PLAY IT AGAIN, NAN • Multiple Sessions, e.g. Once a week for X weeks, once a month for X months

HOLY, MOLY, TONY • A retreat of two or more days

Packages are available for multiple, weekly and monthly sessions.

Check out "Rhythm Works" video
[Vimeo.com/389415730](https://www.vimeo.com/389415730)

