



THE NEXT STEP

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

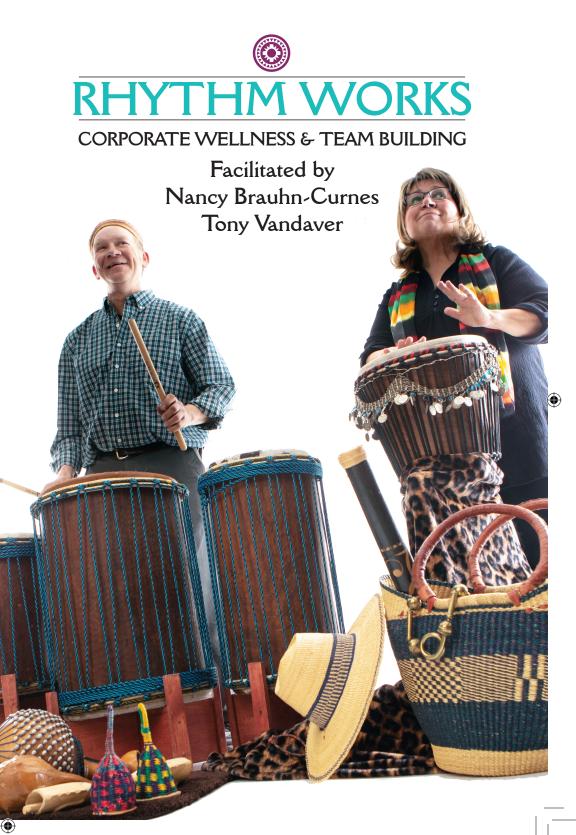
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LetsDrumNow.com

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







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

A <u>team-building event</u> 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!

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



BENEFITS

Drumming provides <u>many health benefits</u>, 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. 6 Burt J.W. (1997) "Drum Circles: Theory and application in the mental health treatment continuum. 4 175-184



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



