



DRUM & DANCE SUMMER SOLSTICE WELLBEING

Saturday June 20th 2020 10am-4pm

Swavesey Village College, Cambridgeshire, CB24 4RS

Suitable for Beginners & Experienced Drummers - Free loan of Drum & Rattle!

Your Drum & Dance Facilitators



Michael Meredith www.sunflower-health.com/healing.htm

Keith Barrett www.keith.sunflower-health.com

Assisted by Lenice Crane & Teena Cozens of "Drumstix"

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.

Co-creative group-drumming builds self-confidence & self-esteem & 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 day of magical, therapeutic drumming experiences. Also a restful, lying-down session to hear a live recital of creative Native American flute music.

A few of Native American & Celtic circle dances and chants will be included - these helps us to drum holistically - from our whole body and spirit.

WELLNESS DRUMMING INFO: www.fullyalive.me.uk/drum.htm

BRING WITH YOU: Packed lunch, mat to lie on, drum & rattle [if you have them]

BOOKING [Cost = £40]

01954 234488, community@swaveseyvc.co.uk or: www.swaveseyvc.co.uk/community-education/

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."