



Drumming - Expressive Arts Programs

Intended Audience

All members including people living with cancer, family members and significant caregivers.

Program Description

As people move toward an enlightened view of health and personal well-being, ancient rituals such as drumming have resurfaced and found their place in modern times. Drum circles have become especially prolific in health and business environments, commonly prescribed for physical and emotional healing and as an antidote for stress. In the uplifting and nurturing environment of a drum circle, participants are empowered by the reinforcement of community; a secure setting for individual expression, gratifying release and tremendous joy.

Benefits and Impact

The benefits of drumming are plentiful and widespread, affecting people in a myriad of ways, both measurable and indescribable. The more tangible benefits include lower blood pressure and heart rate, enhanced immune system, increased energy and a reduction of symptoms of depression. Less measureable impacts include uplifted spirit, mental and spiritual clarity, peace and inner calm.

What to Expect at a Session

Participants gather in a circle and are guided as they learn to play hand drums from around the world. After simple instruction, everyone finds their rhythm and the group is united in the soothing embrace of harmonious vibrations. The facilitator initiates a stress relief round, which is fast rumble drumming and humming of voices to realign the body's energy centres. There is also a rhythm cradle exercise in which one or two people lie on the floor or sit in a chair in the center of the circle, close their eyes and receive the vibrations of the group. The group continues drumming using large native healing drums. The circle comes to a close with participants sharing their feelings – often using words such as peaceful, calm, energized and happy.

Participant Comments

“To be moved to tears while participating in this session was a true surprise to me.”

“Clearly, drumming fills my soul to overflowing. I loved it!”

“Drumming is ultimately about revitalizing, invigorating and inspiring.”

What the Research Says:

Research conducted by Dr. Barry Bittman in the United States indicates that participation in Health Rhythms Drum Circle supports the immune system and lowers blood pressure and heart rate. There is also research showing that drum circles positively impact stress, burnout and depression (Bittman B et al., 2001 and 2004).

Program Frequency:

2 hours per week
6 weeks per program
1 program per session
Winter, fall

Optimum Class Size: 20

Related Programs:

House Music
Music is my Therapy
Ukulele

