

DRUMMING CIRCLE

The Center, 1 Hoffman St.

Auburn, NY

THE CENTER

a sanctuary for healing...
a spa for wellness

**FIRST FRIDAY OF EACH
MONTH!**

THE CENTER

1 Hoffman St.
Auburn, NY,

315.704.0319

mah@TheCenter4Wellness.com

**Please call or e-mail to reserve as this
helps us to better prepare!**

Drums are available for first time use and for resale. To view drums for resale contact The Center.

Wear loose comfortable clothing.
Bring rattles, drums or other percussion Instruments.

\$10.00 Suggested Donation

Drum circles are a group activity that enables the participant to disengage from mental activity, clear their mind of clutter and stay in the present moment. Drumming is a form of active meditation that gives you a “natural high” with personal, group and global benefits. You do not have to be a skilled drummer to participate.

Studies have shownDrumming Helps:

- Reduce Stress and Creates an Overall Feeling of Balance and Well-being.
- Boosts The Immune System and Heals – Studies have shown sound waves creating from drumming have a profound effect on the cells of the Body.
- Integrates Left & Right Brain Activity
- Strengthen Motor, Visual & Auditory co-ordination
- Enhance, Memory Clarity & Focus
- Raise Awareness To Self & Spirit
- Encourages Self Discipline & Self-Esteem

**Drum Circles Are Facilitated By:
Ron Van Nostrand**

While there are many traditions and many ways to experience a drum circle, Ron Van Nostrand offers an eclectic approach that combines a variety of traditions.