



# The Art and Heart of Drum Circles

*Christine Stevens*

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## **The Art and Heart of Drum Circles** Christine Stevens

(Book). In this quintessential guide to both creating and facilitating drum circles, noted music therapist and drum circle facilitator Christine Stevens covers everything from key grooves and instrumentation, to the personal side of empowering people and creating transformational experiences through recreational drumming. Filled with practical tools, guidelines, principles, helpful hints, exercises, and even a play-along CD, Stevens' book weaves into one resource the many key elements of what My Generation/AARP Magazine refers to as one of the country's "fastest growing holistic health trends." "Christine Stevens brings together the energy of her drum circle leadership and the healing power of her background in wellness to give us a very helpful book for drum circle leaders, teachers, recreation specialists, religious group leaders, health professionals, business people and amateur drummers." Dr. Will Schmid, MENC Past President and author, World Music Drumming "This book is a must for anyone involved in or interested in the drum circle movement from veterans to wanna-be facilitators." Karl Bruhn, Father of the Music Making and Wellness Movement

What you'll learn: . The science of entrainment . The drum circle duality . How to advertise and set up your drum circle . Recommended drums and percussion instruments . Eight basic facilitation cues . Seven essential skills of facilitation . Making arrangements in-the-moment . Facilitation using a melody instrument . Creating sound-scapes with new drummers . How to cover the basics of hand drumming . Starting and maintaining the groove . Designing your program . Facilitating from a place of musical joy! . Creating metaphors and meaning

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