

WHY DRUM?

The benefits of drumming are not new. For thousands of years, and in many cultures, drumming has been used for community building, celebration, and self-expression. The cooperative and inclusive nature of a drum circle promotes feelings of connectedness and well being.

THE BENEFITS OF DRUMMING

- Integrates right and left brain
- Develops listening skills
- Engages students
- Builds community through collaboration
- Promotes relaxation and self-confidence
- Produces feelings of well-being
- Provides a medium for self-expression
- Increases focus



Rhythms of Life's drumming workshops engage diverse populations, transcending common barriers such as language, physical ability, and socio-economic status. No previous music training is necessary to be a successful member in a drum circle. Even young students catch on quickly to the techniques and rhythms. All participants experience the joy of contributing to a group rhythm. Listening, focus, and confidence are enriched every time.

*"I want to **THANK YOU** for the incredible drum session at camp! I continue to hear great things from everyone that was involved and it made a **BIG** impact on the participants in being able to connect with one another...You do great work!"*

Scott McLeod, The Inclusion Center



The origin of these authentic African hand drums connects us with another culture and part of the world. The artisans, many of whom are master drummers, live in West African villages. They hand-carve the drums from a single log using crude tools and their bare hands. Each drum they sell contributes to their livelihood and hopeful emergence from the poverty of a developing economy. Each drum they sell shares the beauty of their rhythmic traditions with the larger global community. The fair compensation provided for their talents makes a better world for all of us.



RHYTHMS OF LIFE® offers high quality programming and products for schools.

CONFIDENCE

Rhythms of Life™ programs provide every student with the opportunity to be successful. We have created programming that is accessible to students from all ability levels and age groups. Students are thrilled to learn various rhythmic patterns and are quickly caught up in the excitement of the drum circle.

COLLABORATION

When students come together to create group rhythm they are collaborating in non-verbal and creative ways. Many students, who would not otherwise choose to work together, find a common ground in the joy of drumming. Playing together creates a bond that is observable even after the drumming has ended.

COMMUNITY

Students feel connected to one another and to the larger global community after participating in Rhythms of Life™ programs. Our rhythm-based education is centered in the rich musical traditions of West Africa. This provides an opportunity for teachers and staff to introduce cross-curricular activities that further enrich students' learning.

INSTRUMENTS & TRAINING

Rhythms of Life® offers comprehensive staff training to help you facilitate quality programming that uses proven practices.

Our hand-crafted drums are incredibly durable, which adds to sustainability for long-term use in a school setting. Each drum comes with a carrying bag, which protects the drum while it is not in use and the handle helps with transporting the drums from storage to play area.

For more information about instruments and trainings please call or click www.DrumBus.com or 866.973.0304. We look forward to helping you implement high quality, sustainable programming for your students.



“I have recently had the pleasure of partnering with Rhythms of Life to bring their music program to the SAY (Social Advocates for Youth) Extended Day Programs. Twenty hand-made drums from Ghana along with a variety of other musical instruments are used in the music program.

Most of the children in our programs have never had a music experience like the Rhythms of Life drumming program. Each child who participated was very enthusiastic and happy to have this experience. I would highly recommend the Rhythms of Life music program to any school or after-school program.”

***Chris Jewell, Program Coordinator,
Extended Day Programs, SAY (Social
Advocates for Youth) San Diego***



“I’ve seen a significant decrease in the number of altercations between students on the playground since the Rhythms of Life workshops. I like the fact that almost any age child can play.”

***John Terry, Behavior Interventionist,
Salt Lake City, UT***