

FLAGSTAFF FESTIVAL OF ARTS - KILLIM

Saturday, October 1, Time: 1:30pm, Heritage Park



A **Drum Circle** is a group of people who, by playing drums and percussion instruments together, experience what it feels like to work together in rhythm, which promotes a sense of group synergy, co-operation, and accomplishment.

10 Health Benefits of Drum Circles:

1. Stress Reduction
2. Exercise
3. Spirituality
4. Joy
5. Creativity
6. Self Expression
7. Energy
8. Active Music Making
9. Active Meditation
10. Unity

The Drum Circle's ability to create feelings of exhilaration and community make it a natural choice for enhancing the lives of all ages in any event.

Join together with other participants to experience the entertaining and invigorating effects of a **Facilitated Drum Circle**. See and feel how Drum Circles invoke self expression and community connection through rhythm and energy created by a multitude of world percussion instruments.

