



# Join Us for a Fun Drum Circle !



*End your workweek and start your weekend  
with some Cool Grooves and Hot Rhythms*

Plus enjoy some Afro-Latin Creative Movement  
led by Senior HIP Instructor Deanna Anderson  
(Participation in Creative Movement is Optional)

**Four Fridays - 3/29, 4/6, 4/13 and 4/20, from 4:30 to 5:30**  
**Location Location Location Location**

**No drumming experience needed**  
**ALL players are welcome!**

### ***What We'll Do Together***

- Experience our Natural Rhythm, because we *all* have rhythm in us – *Honest!*
- Explore rhythms from World Cultures, and different Music Styles
- Play a Variety of Stick & Hand Drums and Percussion Instruments
- Create Solid Ensemble Grooves the that sound and feel great
- Generate Joyful Shared Energy

### ***Research Findings Support the Benefits of Group Rhythm and Music Making on the Body, Mind, and Heart***

- Reduces Stress & Fosters Relaxation
- Connects Left & Right Brain which increases our Creative Thinking
- Prompts the ALPHA State for improved Clarity, Focus & Cognition
- Supports a Healthy Immune System
- Helps our Nervous System Regulate and Balance
- Safe and Natural Cardio Vascular Exercise
- Gently takes us into New Creativity & Connections

***For a Refreshing, Relaxing, Joyful, Drumming and Rhythm Making Class***

Contact the Stanford Healthy Living Program

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