

# Work Together ~ Play Together



**Drumming and  
Rhythm Making  
Class...**

**for People  
Who Work  
Together...**

**because Rhythm is  
Fundamental, Universal,  
Unifying and FUN !**

## ***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 Drums and Percussion Instruments
- Create Solid Ensemble Grooves with the other drummers that sound great
- Generate Joyful Shared Energy

## ***A Class for Everyone – Rhythm is a Great Equalizer***

- No previous drumming experience needed

## ***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
- Provides Safe and Natural Cardio Vascular Exercise
- Gently takes us out of our Comfort Zone and into New Creativity & Connections

***Group Rhythm and Music Making is an Ancient Social Process proven to Create Positive Connections, Foster Creativity and Build Community***

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

Contact the Stanford Healthy Living Program  
Katie Newell Sutherland, [katell@stanford.edu](mailto:katell@stanford.edu)  
Laurie Ausserer, [ausserer@stanford.edu](mailto:ausserer@stanford.edu)