



Blissful Dragon Therapeutic Sound

Therapeutic Drumming and Drum Circle

Enjoy spontaneous happiness, joy, energy, connection, creativity, fun, inspiration & laughter! All of these can be experienced through the joy of communal drumming.



Therapeutic drumming can be used to explore your emotional and physical wellbeing and with the use of rhythm, a sense of balance and flow may be achieved. Through the drum, you may discover your own rhythm and if needed, a way to balance this to facilitate a more balanced life.

Drum Circles – come and join the circle and share the communal rhythm and get in tune with others and yourself. Join a group of like-minded people and have some fun making music with drums and a wide variety of percussions instruments. The sessions are facilitated but it is all improvised music which grows as the group interacts and has conversations with each other through the rhythm. Don't worry about learning note patterns, just drum the rhythm you feel inside and have fun with the drum.



Blissful Dragon Therapeutic Sound
07766 789442

music@blissfuldragon.com

www.blissfuldragon.com

www.facebook.com/BlissfulDragonSound

www.instagram.com/blissfuldragon

www.twitter.com/BDSoundTherapy

Requirements:

Please wear comfortable clothes to sessions. Ear plugs are available if required. Drums and percussion are provided, but please bring your own if you would like to.

Health and Wellbeing

Your health and wellbeing is most important and regular soundwork and will help with reducing stress, encouraging better sleep, and allowing a rebalance of mind, body and spirit.

These sessions are suitable for almost everyone, but there are some people who cannot take part:

- People who have or have had epilepsy or seizures which they believe are triggered by sound.
- People who are being treated or currently have serious mental health conditions.

A health-check form will be completed before the session begins.

If you have any queries or would like further information, please get in touch.



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