

# Drum Circle Facilitation is a Powerful & Unique Tool to add to your Mental Wellness Toolkit.



Can you clap your hands  
**to the beat?**

Do you have an interest in the  
**power of music?**

Would you like to facilitate  
**powerful, therapeutic rhythm  
sessions?**

InRhythm's Drum Circle Facilitator Training can equip you with the skills and resources to lead successful therapeutic drum and rhythm circles.

The focus is on helping improve the mental health and well-being of all participants.

## **InRhythm Drumming Benefits:**

- Releases stored tension and stress
- Reduces patterns of anxiety and depression
- Improves social skills
- Transcends competition between peers
- Builds community amongst participants
- Develops musicality and musical confidence
- Teaches the power of mindfulness and meditation
- Unveils the natural sense of well-being and joy
- Promotes creative expression
- Creates a safe space to explore social, emotional and group harmony issues
- Develops healthy and happy minds
- Helps make life FUN!
- No experience required.



This training is designed for absolute beginners through to experienced facilitators. No musical ability is required. In a supportive and relaxed environment you'll have plenty of space to practice and be inspired by others.

## **The Training Outcomes**

The methods used in this professional program are multi layered, a combination of discussion, reflection and hands-on practice will result in an introduction to:

- The art of running successful therapeutic rhythm programs
- The universal language of drum circle facilitation
- The basics of polyrhythm, body-percussion and African drumming (all that's needed for ongoing sessions)
- Using the power of drumming circles to deliver analogies that address sensitive life issues, teamwork and group harmony
- The delivery of direct experience / presence meditations
- Running therapeutic programs using body percussion exclusively
- The practice of using non-verbal communication to facilitate group music sessions
  - Methods for effectively managing group dynamics
  - Composition and staging of successful group performances.

## **The Resources you Receive**

As part of the training program you will receive a unique and powerful set of tools to help you facilitate rhythm circles straight away. Tools include:

- InRhythm's **8-week program** lesson plan, listed week by week
- Our **30 - 90min program** lesson plan for one off use with any group
- Two Complete rhythms for application with both of the above program templates plus access to further rhythms
- The Unique InRhythm backing track for each rhythm (these provide valuable lesson content and hold the groove while you focus on facilitation).
- A comprehensive list of rhythmical exercises and games to make sessions dynamic
- The InRhythm Facilitator Training Manual and Workbook
- InRhythm Facilitator Training accreditation
- Ongoing support, updates and membership to the InRhythm facilitator community.



## **The 8-Week Formula**

Our 8-week course format is broken down into a week-by-week lesson plan that provides the foundation to guide participants on a profound journey of self-discovery.

It's all about providing a safe space within which life's issues can be explored in a fun, easy and constructive way.

The Drumming, Body-Percussion and Rhythms we use are highly accessible, quickly connect any group, and easily unveil a natural sense of joy.

By integrating our unique mindfulness meditations, this format aims at equipping participants with tools that can help improve the ongoing daily experience of life.

It has the true potential to transform lives and relationships through helping participants discover, connect, share, create, and express..

## **The 30 - 90min Formula**

This formula is extremely versatile and can be used for a range of desired outcomes in a **one off session** including, conflict resolution, stress release, or just pure FUN!

With the completion of our Drum Circle Facilitator Training you will have the freedom to use the program as you please, in your community.



### What our Clients Say

*'It was amazing how much the group developed over the eight weeks. We all finished on a high and it was **fabulous to see the kids so happy!** Can't wait to do it again next year.'*

Christine - Public School Teacher

*'The course was awesome; I got a lot out of it. Not just to teach but for myself in my own life. **Highly recommended.**'*

Dallas - Residential Services Coordinator

*'This program is exactly what I have been searching for. **Thank you!**'*

Diane - School Support Officer

### Course Duration & Cost

The training program runs over **2 days from 9am - 4pm each day and costs \$395** If you book early you will receive a **\$100 discount** (check online for early-bird cut off dates).

### Bookings

Reserve your space with a \$100 deposit online at [www.inrhythm.co.nz](http://www.inrhythm.co.nz) or call us on **021 329 069**

**GENERATION NEXT SPECIAL OFFER: Book with us during the Conference and pay only \$295.**

Further discounts apply to group bookings plus, we can organise to come to you, contact us for further details.

### Our Instrument Packages

We offer a large range of drums and percussion instruments for purchase at competitive wholesale prices with further package discounts to organisations participating in our Drum Facilitator Training Program.

See our website for full details on our instrument range and prices.



### Our Other Services include:

- Staff Bonding and Team Building
- Conference Icebreakers
- School and Camp Drumming Programs
- Interactive Drumming Shows

Please contact us for further information  
**021 329 069** or  
[info@inrhythm.co.nz](mailto:info@inrhythm.co.nz)

We look forward to sharing the power of InRhythm with you!

