



LAMORINDA DRUM CIRCLE



Lamorinda Drum Circle with Kathy Quain
Music Educator, Music Therapist & Remo Drum Circle Facilitator

Looking forward to drumming together again! We'll warm up with lightly playing as people arrive then center with deep breathing before drumming more. All are welcome including beginners. Kathy will review drumming essentials, favorite rhythms and more. Bring your favorite drum but know that we will have some extra drums. This program was initially for seniors and is open to younger adults as well. Please share this info with your friends - No experience necessary!

"Kathy Quain is an encouraging, experienced, lively drum circle leader who makes it FUN!! She was graceful with a mix of newbie and intermediate drummers so everyone felt included." ~ Julie R.

Cost: \$10 – 15

Monday July 9 and August 6 2018 12:00 – 1:00 pm

Lamorinda Music: 81 Lafayette Circle, Lafayette, CA 94549

For more information contact Kathy Quain at
(415) 299 4767 **www.MusicForTherapy.com**