Rhythm is one of the most basic and fundamental parts of the human experience of music. It can never be "lost" the same way one can lose language or emotional processing. Rhythm has a profound evolutionary benefit in syncing human beings to create a social whole. - Dr Oliver Sacks

The Science of Music Medicine

- It's not only what music does for us; it's what music un-does
- Rhythm: for the Body
- Melody: for the Heart
- Harmony: for the Soul
- Silence: for the Mind

The Healing Drum Learning Program
NEW Online Course with The Shift Network
7 Modules, Bonus Gifts

This course will feature LIVE teachings, interactive training sessions, and experiential practices with Christine. Each session will build upon the previous ones so you’ll develop a complete holistic understanding of drumming as a tool to fall more deeply into your heart.

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10 Instructional Videos filmed LIVE
18 Page Guidebook
Only Native-informed Drum Circle Training Program

The Science of Drumming

Entrainment Studies with Alzheimer’s
Rhythm-Based Music Therapy
Barry Bernstein & Dr. Alicia Claire

Results
1. Increased participation drumming versus sing-a-long
2. Improvement in entrainment and drumming skill over time

RAS – Rhythmic Auditory Stimulation
Dr Michael Thaut, PhD

Trust, Kindness and Cooperation in 14 Month-Old Infants, Dr. Laurel Trainor

**Twist and Shout: Bouncing in Sync Strengthens Social Bonds Through Music and Rhythm**

https://trainorlab.mcmaster.ca/research/lsm/supplement-material

Auditory Development Lab
McMaster University in Hamilton, Ontario.

“Findings show music has important social effects on infants—as long as the little ones and their parents aren’t just listening passively.”

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**Group Drumming Improves Social-Emotional Skills in Middle School Students**

Beat the Odds – Drumming Builds Social-Emotional Skills in Middle School Students. (2012)


• N=101, 5th grade, 90% Latino, 12 week curriculum counselor-led drumming therapy groups.
• Measured Teacher’s Report Form and Child Behavior Checklist.
• Significant improvement - internalizing problems, withdrawn/depression, attention problems, anxiety problems, attention deficit/hyperactivity problems, inattention subscale, oppositional defiant problems, sluggish cognitive tempo.

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**Group Drumming Reduces Stress in Cellular Biology**


Subjects: N=111 non-drummers, Group size 10 – 14 participants

Conditions: Listening, Control Group, Group Drumming, Impact Drumming, Shamanic Drumming, Composite Drumming Protocol

Results: Natural Killer NK cell activity, Cytokines Interleukin II and Gamma Interferon boosted in subjects who drummed

Summary: Cellular biology boosted and stress response reverse using Composite Drumming Protocol.

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**Composite Drumming Protocol**

1. Exercise
2. Self Expression
3. Camaraderie
4. Nurturing and Support
5. Guided Imagery
6. Spirituality
7. Music Making

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**Improvisation Turns off Self-Judgement & Self-Monitoring**, Charles Limb, MD


• fMRI showed jazz keyboard improvisation vs memorized music activated medial prefrontal cortex, the seat of self reflection, self-expression, meditative mind.

• Simultaneously, the jazz condition turned off larger areas of the prefrontal cortex which operate in self-monitoring, criticism, and judgment.
Drum Circle Training for Conflict Resolution and Peace Building

**Project**: Five day training for conflict resolution and peace building in northern Iraq, 2007-2009

**Subjects**: 40 participants from a variety of religious traditions and languages; Muslim, Yazidi, Sunni, Shia, drummers and non-drummers, community leaders.

**Results**: 90% improvement in Sense of Community in 5 days. Highest rated success of any ACBI-VOCA project, funded by US-AID.

Rhythms of LIFE

Breathing
*HeartBeat
*Walking
Skipping
Laughing
*Dancing
Resting
*Integrative Rhythms

Rhythms of SPIRIT

Relaxation
*Release
Creativity
Playfulness
*Power
*Transformation
Inspiration
*Vitality
*Integrative Rhythms

Rhythms of the WORLD

Taiko Matsuri – Japan
Ayube – Middle East
Clave – Cuba
Samba – Brazil
Rumba Guaguancó – Cuba
Aglablanca – Mexico/ Aztec
Econcon – W. Africa

TIPS on Drumming for Healing

Drum Tarot – choose a category, Life, Spirit, World, and then select a card. See what rhythm lesson awaits you today.

Drum Circle Beat – choose a rhythm card as a springboard jump start beat at a drum circle. Then cue the group to improve to the beat.

Combinations – for groups of 2 or more people, combine the cards and integrate the meanings. For example, try walking with the heart beat as a symbol of walking through life, leading with the heart.

Call and Response – have each person play a short phrase and the group copies their beat. Themes – leadership, creativity, dialogue

Nature Drumming – take your drum in a backpack. Listen to the birds, the trees, and play along.

Drumming for Ceremony - use drumming to enhance any celestial and seasonal event such as Full Moon, Solstice and Equinox.

Drum Duets – share a rhythm with a friend. Divide the rhythm in half and make it a conversation. Ultimately, continue to play your own improved beats.
YouTube Video Tutorials

Call and Response
https://youtu.be/pSZQZ9-M6w

Take the Rhythm Challenge
https://youtu.be/BAHdW1AGDV

How to lead stop and start
https://youtu.be/FpT7Xb5EZhA

Text DRUMMING to 22828 to get started.

Get your free gift from UpBeat Drum Circles

Message and data rates may apply.