

# **DRUMMING CIRCLE**

**HOST: JANET AFTANAS**



THURSDAY, JANUARY 25 & FEBRUARY 22, 2018

Time: 7:00-8:30 pm

Cost: \$10 Drop In

What to bring: - Participants are encouraged to bring their own drums, shakers and rhythm instruments but there will be drums available to borrow as well.

### **Class Details:**

Start with information on how to drum, followed by a short meditation to help settle in. Drumming and song and finish off with closing.