

DRUMMING CIRCLE

HOST: JANET AFTANAS



THURSDAY, APRIL 26, 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.