RhythmZone

Hand Drumming and Percussion Workshops for Education and Recreation

Welcome to RhythmZone. Pick up a drum and join the fun!

About us:

RhythmZone runs exciting, engaging and accessible music workshops.

In addition to our own local events (please see back page), we work with education and day care providers, extra-curricular clubs and camps, organisations, community events and various other community groups.

Choose us for fun and educational sessions, one off and ongoing workshops, group / team development, stress management, incentives, rewards and celebrations.

Benefits:

Drumming is a holistic activity that is being recognised for a range of health benefits. It has a broad history and may be the oldest and most accessible musical pastime we know of. Our drumming sessions provide a great opportunity to explore and develop:

- **coordination**
- **concentration**
- **self expression**
- **interpersonal skills**
- **kinesthetic awareness**
- **ownership and belonging**

Sessions:

Session content will vary from group to group. Our general aim is to provide a space that encourages play, expression and learning.

<u>For younger groups we introduce:</u>

- listening and copying games
- loud and quiet, stop and start, slow and fast
- imitating sounds found in nature
- directing music with dance and movement
- rhythms in language
- telling stories with sounds

<u>For older and more able groups:</u>

- playing techniques
- tools for creating our own rhythms
- hand signals and facilitation skills
- layering rhythms
- improvising together
- creating music for performances

Call Andy Fowler on 07884 231188
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or visit us at:

www.RhythmZone.co.uk

Check out our website for testimonials. Enhanced CRB / Public Liability Insured £5M.