

The Rhythm Experience

Team building and community events for groups and organizations

There are rhythms pulsing within us and around us, through our breath and heartbeat, and through the dance of our lives in the world. Since the dawn of human culture, drums and percussion have been used as a tool for expression, communication, and celebration.

The **Drum Brothers Rhythm Experience** is an interactive team building event for all ages and abilities. With the guidance of skilled facilitators, participants are taught simple rhythms on a variety of drums and percussion instruments. In a matter of minutes, the group will be playing simple polyrhythms; individual drum patterns that when played together, form a beautiful, complex, and cohesive whole. It's an experience of group collaboration, harmony, and active listening, and a metaphor for successful community. The sound of many drums playing together is powerful and evocative. And the sense of unity and connection that grows between participants can be profound. A goal of the **Rhythm Experience** is to bring everyone together equally, regardless of gender, race, status, or other differences, and at the same time, to bring out the unique qualities of each individual part played.



Group drumming can remove hierarchical or other barriers that may exist in an organization, modeling a powerful example of cooperation and teamwork. It also imparts an important skill needed for successful group dynamics: the ability to express oneself (in this case, a drum beat) while also listening deeply to what others are saying (playing) and finding common ground (the underlying pulse that all the parts share). In addition, new research has shown that drumming reduces stress and generates feelings of relaxation and focus. On top of all of these profound and important learning experiences, drumming exists as total lighthearted fun! The **Rhythm Experience** is a unique event that can help participants to step

out of their "comfort zone" into an experience of creative play, spontaneity, and exploration.

Drum Brothers are available to present the **Rhythm Experience** in a variety of settings including conferences, retreats, banquets, or special events.

How to utilize the Drum Brothers Rhythm Experience in your organization

- As a stand alone workshop or class in team building and group cooperation
- To help establish the tone or theme for a conference or other event.
- To generate energy, enthusiasm, and connection in a new group, or revitalize and reconnect an existing one.
- To offer a playful yet educational break from long meetings and hours of left brain activities, greatly improving a group's energy and focus.



"Our group's work with the Drum Brothers brought us closer than the entire day's activities aimed at doing so. They are encouraging, innovative and the language of music they share speaks to every participant - even the most recalcitrant - to help bring about unity and focus of purpose. Highly recommended!"

- Dianna Michaels / Executive Assistant
Mount Carmel Hospital, Colville, Washington