

Give Me a Beat: Experiential Group Drumming

Study Leader: Julie Corey
Mondays, 9:30 - 11:30 a.m.
4 weeks beginning March 3
AIL Classroom, Lethbridge Lodge, Colby-Sawyer College
Maximum number of participants: 20

Come experience the dynamics and entrainment of drumming together in a community way as you play many styles of drums and percussion. Sing drum songs, some very old, and move to the rhythms.

Learn about drumming from the ancient world to the modern movement of drum circles around the globe. Experience the joy of sitting at the edge of the 3 foot Mother Drum as she awakens your inner drummer and dancer. Access a personal meditative space while journeying with drums.



Drum circle, photo courtesy of Julie Corey.



Julie Corey

Since 1998, Julie Corey, BS, LMT, Reiki Master Teacher, has been a professional drum circle facilitator, teacher and performing musician; she has been a holistic healer since 1994.

During that time, Julie has shared her love of drumming with people of all ages and abilities, from pre-schools to senior centers, college groups and cancer survivors.

She is a member of the International Drum Circle Facilitator's Guild (DCFG). She is the keeper of a three-foot Mother Drum, and she facilitates ceremonial drumming and dance events.

Julie is passionate about drum and dance as powerful and necessary tools for the weaving of harmonious communities on local, regional and global levels.

She is also currently the owner of Walk In Beauty Spa & Wellness, where she practices esthetics and massage therapy in New London, New Hampshire.