

## Drumming Circle

Thursdays, 7:00-8:30pm

January 25, February 22, April 26 & May 24 *(held outdoors 5/24)*



### Drumming is a time-honored method of healing and helping others.

While the drum has the ability to put us in touch with our own natural rhythms, the circle helps draw our individual energies together, unifying them into a consolidated force. Drumming helps to release tension, dispel stress and negative feelings, and restore energy. Its beat represents our heart as we become grounded yet taken to a place deep inside where we are keenly aware of our mind and body, and the connection between the two. A drumming circle is very inclusive in that all people have the innate ability to create rhythm and can participate. Each person is given a rhythmic “voice” in this healing practice as we become connected through an invisible energy while united in purpose and community. No experience necessary. Limited number of drums available.



**Free-will offering. Pre-registration requested.**

#### About the facilitator...

**Therese Yonikus** is a licensed Massage Therapist as well as a clinical aromatherapist and loves sharing the connection of Essential Oils as companions in life. She continues to study Peruvian Shamanic Healing Practices and enjoys sharing rituals from the Peruvian Tradition as a form of prayer. Therese holds a Master’s of Education Degree from Northern Illinois University.

PROGRAM  
FACILITATORS



Therese Yonikus