



The Healing Drum Kit

Christine Stevens

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With a venerable history as a healing art, it's no surprise that scientists are now finding measurable positive immune-system changes following one-hour drumming sessions.

With a venerable history as a healing art, it's no surprise that scientists are now finding measurable positive immuneWith The Healing Drum Kit, internationally acclaimed music therapist Christine Stevens shows you how to use the art of drumming to ignite your creativity, release tension and anxiety, exercise the body, and communicate with a power beyond words.

The Healing Drum Kit includes:

- A quality 10" REMOT frame drum
- 24 Rhythm Cards featuring World Rhythms from Africa to Japan; Life Rhythms for whole-body healing; and Spirit Rhythms that liberate creative energy
- 2 CDs of music for solo play or "drum circle jams"
- Spiral-bound study guide with scientific evidence on drumming for wellness, drum blessings from various traditions, playing tips, resources for starting a drum circle, and more

Whether relaxing to the gentle lub-dub of a heartbeat, exploring sacred rhythms from around the globe, or simply drumming away stress, people of all ages will experience and enjoy the full spectrum of this ancient art, with The Healing Drum Kit.

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