

Drumming Circle with Frame drums with Lynne Bowman



Starts 11 October 2021 and ends 11 November 2021

A series of 6 x classes at Quaama School of Arts Hall

From 11am to 12pm

QUAAMA RENEWAL PROJECTS

moving forward, sharing hope

Free of charge

Learn to play healing and global rhythms together on frame drums (supplied). Frame drums are the oldest, simplest and original form of drum and are played with both hands using all our fingers to create a wide variety of sounds. It is fun, creative and easy to learn. It is illuminating, healing and relaxing for our whole brain!!!
Playing rhythms together is a great way to connect



Lynne has been teaching and facilitating music in communities and schools for many years, making it simple, fun and accessible for everyone. She's also a sound therapist and yoga teacher of many years. Lynne loves making music together as a natural way of healing and supporting well-being.

Bookings <https://www.eventbrite.com.au/e/drumming-circle-with-frame-drums-tickets-162197233291>

or call 0437263128 email quaamarenewalprojects@gmail.com

maximum 10 people per class

Covid rules apply

A Quaama Renewal Project

This is a Bushfire Community Recovery and Resilience Fund project through the joint Commonwealth/State Disaster Recovery Funding Arrangements



Australian Government

Although funding for this product has been provided by both the Australian and NSW Governments, the material contained herein does not necessarily represent the views of either government.

