

Clavinova Connection

Wellness through music...

The only known side effect is having fun!



In November 2006, Cindy was trained by Yamaha Corporation of America to facilitate the program **Clavinova Connection**, a recreational music & wellness program that combines beginning piano playing and scientifically proven stress reduction techniques using the Yamaha Digital Piano.

Forget tedious lessons, repetitive scales, and challenging learning curves.
There is another way!
No musical experience necessary!

Yamaha's **Clavinova Connection** program is far from your typical piano lesson class; it is a recreational music-making and wellness program, combining wellness benefits with the benefits of both group and individual instruction.



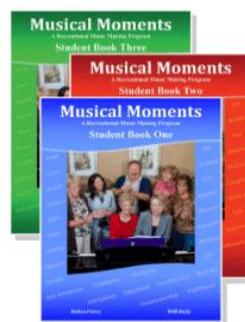
Karl T. Bruhn, the "Father of the Music Making and Wellness Movement", and Dr. Barry Bittman, CEO and Medical Director of the Mind-Body Wellness Center, have conducted and published numerous research studies

which demonstrate the **Health Benefits of Recreational Music-Making Programs** including group drumming **HealthRHYTHMS** and piano **Clavinova Connection!**

Proven Health Benefits include:

- Strengthens the Immune System
- Improves Mood States and Reduces Burnout
- Reverses Stress on the Genomic Level
- Modulates the Human Stress Response
- Brings a sense of Fulfillment, Enthusiasm and Personal Accomplishment
- Promotes Team Work, Camaraderie and Support
- Increased Attentiveness, Active Participation, Socialization
- Positive Mood Affects include Happiness, Contentment, Laughter, and Joy
- Enhances Self-Esteem

Cindy's other RMM programs in PIANO include:



For more information call Cindy St. Cyr
713-464-7464 or visit www.cindystcyr.com



Cindy St. Cyr

Specializing in Recreational Music & Wellness Programs for Seniors!

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Health RHYTHMS is a

research-based group drumming protocol which has demonstrated biological and psycho-social benefits.

HealthRHYTHMS Group Empowerment Drumming isn't about successful drumming rather the drum is used as a music-making wellness tool for physical exercise, communication, creativity, self-expression, and spirituality. It has been proven to reduce stress on the genomic level, strengthen the immune system, improve mood, reduce burnout, and is a great exercise in music-making while exercising brain activity.

In November 2010, Cindy was trained by the creators of the program to facilitate **Health RHYTHMS**. The protocol was

developed by neurologist Barry Bittman, MD in collaboration with Remo Drum Company Remo, Inc. At the conclusion of the study of the immune system effects, Christine K. Stevens, MSW, MT-BC, MA, Karl Bruhn, "Father of the Music-Making and

Wellness", and Barry Bittman, MD worked together to develop the "**Health RHYTHMS**" training program to teach the specific protocol which demonstrated a healthful biological impact.

The **Health RHYTHMS** protocol is comprised of different activities:

1. 2 Wellness Activities
2. Ice Breakers
3. ABC's of Drumming
4. Rhythmic Naming
5. Entrainment Building
6. Inspirational Beats
7. Guided Imagery Drumming

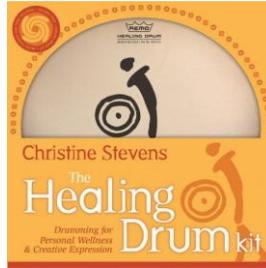




Evidence-Based Elements of HealthRHYTHMS Group Empowerment Drumming

1. **Stress Reduction – Increases Natural Killer Cell Activity** (cells that seek out and destroy cancer and virally infected cells). The HealthRHYTHMS protocol reverses stress on the genomic level, not just reducing but also reversing 19 genetic switches that turn on the stress response believed responsible in the development of common diseases.
2. **Strengthens the Immune System, Is Great Exercise, Improves Mood & Reduces Burnout** – HealthRHYTHMS drumming is an accessible exercise which burns calories, improves mood, and may reduce the risk of disease.
3. **Self-Expression & Creativity** - HealthRHYTHMS Empowers people to move beyond their perceived boundaries in self expression and creativity.
4. **Camaraderie, Support, & Bonding** - HealthRHYTHMS protocol builds camaraderie and support by creating a safe space where people feel comfortable sharing and offering support.
5. **Nurturing** - HealthRHYTHMS protocol creates a level playing field where support of growth and development is encouraged. Participants often discover inner strength and encouragement by sharing the experience.
6. **Spirituality** – HealthRHYTHMS connects us spiritually - “Hand drumming is an ancient art that has been used in many cultures. The music of drums creates a conduit to the Divine. This is an opportunity to experience worship with our bodies as well as our minds”. - Jan Gregory, Adjunct Professor of Liturgy, Worship, and Spirituality at Hartford Seminary.
7. **Music-Making** – HealthRHYTHMS is great music-making while exercising the brain. “Music making offers extensive exercise for brain cells and their synapses (connections). Systematic inquiry into the relationship between music and brain function is one of the most rapidly developing fields of human research.

The Healing Drum Kit Workshop!



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 of drumming sessions.

In **The Healing Drum Kit Workshop**, Cindy puts into practice the teachings and techniques of internationally acclaimed music therapist, Christine Stevens, to show 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. A variety of **World Rhythms** will be explored from Africa to Japan, **Life Rhythms** for whole-body healing and **Spirit Rhythms** that liberate creative energy.

Workshop Sessions include:

- **Rhythms of Life** – Breathing, Heartbeat, Walking, Skipping, Dancing, Laughing, and Resting
- **Rhythms of Spirit** – Relaxation, Release, Playfulness, Creativity, Inspiration, Transformation, Power, and Vitality
- **Rhythms of the World** – Taiko Matsure (Japanese), Ayube (Turkey to Egypt), Clave (Afro-Cuban), Samba (Brazil), Rumba Guaguanco (a mix between African drumming and Spanish poetry & song), Aguilablanca (Aztec), and Econcon (West African).

Required tools for **The Healing Drum Kit Workshop** include:

- A quality 10" REMO™ Frame Drum
- A Mallet
- Miscellaneous arts and crafts to decorate drums and mallet (Optional)



Body Beat – A Game in Rhythmic Fun!



Body Beat is a drum circle without drums! It is a game in Rhythmic Fun designed to inspire your group to groove!!! It was co-created by Christine Stevens and well-known drummer and drum circle facilitator, Slammin' Sammy K!

Body Beat uses five simple body percussion sounds (Snap, Clap, Slap, Smack, and Tap) to make different rhythms that sound GREAT together and inspire your group to groove!!! **Body Beat** does not require any musical experience. In fact, there are no notes or time signatures to read.

Body Beat encourages you to:

1. Snap your fingers
2. Clap your hands,
3. Slap your belly,
4. Smack your thighs, and
5. Tap your toes



Body Beat uses 36 different sounds to make six different games for anywhere from 4 to 70 people. There are a few SURPRISES in store as well that will get your group loosened up and "Go Wild". There are also some SERIOUS sounds that will give the rebels a responsible "Beat Keeper" role.

Body Beat is an immediate connector, giving an opportunity to laugh at ourselves. It is an icebreaker that breaks down boundaries. It is a great way to inspire success as it builds teamwork through rhythmic participation.



Contact **Cindy St. Cyr @ 713-464-7464**

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Excerpts in this brochure were taken from the websites and materials of HealthRHYTHMS, Upbeat Drum Circles, & Clavinova Connection.