

RHYTHM & RELAXATION

"Group drumming from a HealthRHYTHMS perspective is transcendent ... it empowers people to more effectively express themselves, while enabling them to move beyond their perceived limitations and put back into their lives what is missing."

Barry Bittman, MD, CEO, Mind-Body Wellness Center

HealthRHYTHMS Empowerment Drumming 6 Week Workshop

HealthRHYTHMS TRAINED FACILITATORS:

Dr. Jackie St.Cyr – Chiropractor & Drum Enthusiast

Cindy St.Cyr – Professional Vocalist, Musician, & Music Educator

DATE: 6 Wednesdays beginning February 2, 2011

TIME: 6:45pm Registration, Begins at 7:00pm Promptly

LOCATION: Innate Chiropractic Healing Arts Center
2021 Driscoll St. Houston, TX 77019
713-521-2104 www.n8chiro.com

YOUR COST: \$150, instruments provided
(Feel free to bring your own personal drum as well.)

PLEASE CALL 713-464-SING (7464) TO PRE-REGISTER

*No prior musical experience necessary.
Instruments provided.*

The 7 Evidence-Based Elements:

1. Stress-Reduction
2. Exercise
3. Self-Expression
4. Camaraderie/Support
5. Nurturing
6. Spirituality
7. Music-Making