

6-Week HealthRHYTHMS Group Empowerment Drumming!



Join Cindy for this power packed
HealthRHYTHMS 6-Week Workshop!
No experience necessary! Instruments provided!

For more information contact:
Cindy St. Cyr: 713-464-7464

HealthRHYTHMS is a research-based group drumming protocol which has demonstrated physical, mental and emotional health & wellness benefits.

HealthRHYTHMS Group Empowerment Drumming isn't really about drumming; rather the drum is used as a tool for communication & personal empowerment.

HealthRHYTHMS 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 and having fun!

Location: Innate Chiropractic Healing Arts Center
2021 Driscoll, Houston, TX 77019

Come Check it Out Preview Nights! Registration Required - Fee \$15.00

Preview Dates: Friday, May 17th, 7:00-8:30 PM

Friday, May 31st, 7:00-8:30 PM

6-Week Workshop Registration Required:

Register by Friday, May 31st (\$150.00 = \$25/week)

Register by Friday, June 7th (\$180.00 = \$30/week)

Register by Monday, June 10th (\$210.00 = \$35/week)

6-Week Workshop Dates: June 10th through August 12th

Mondays Nights - June 10th & 24th, July 8th & 22nd & 29th, August 12th



Cindy St. Cyr is the founder of the Houston Music & Wellness Center. She has over 25 years of experience in the music industry as a professional singer and music educator in voice and piano. She is a trained facilitator and expert in music & wellness programs in both piano and drumming. Cindy's passion is to create a safe space for people of all ages to experience personal healing, self-growth, and wellness through the music making experience. www.cindystcyr.com