



I always said I wanted to make music like Yanni but I didn't want to take piano lessons. - Jackie St.Cyr, D.C.

About three years ago I started taking a West African drumming class. As I sat in my first class, not knowing anything about drumming, I laid my hands upon the surface of my new djembe and felt the head vibrate to the rhythms of the others playing in the room. What a rush! I was moved by that and I began to think about the word "entrainment", where rhythms, animals, pulses and nature come into sync with each other. Entrainment is also what I do all day long in my practice (another story for later) and I knew there was "something big here" for me.

I was so excited about this feeling and what that meant to my spirit that I started soaking in all the knowledge I could find about drumming. I knew from what I was experiencing in my own body and mind that there had to be a link between drumming and wellness and so of course I went to the internet.

I typed in "healing rhythms". After a short search, my enthusiasm rising, I learned about a program called HealthRHYTHMS and read about Barry Bittman, MD and Christine Stevens, a music therapist, who lead the team. I also learned about a man named Arthur Hull, the widely-acknowledged Father of the Modern Drum Circle Movement. I read about the health and wellness benefits of recreational music making and it's affects on the immune system. As I read and learned more I began to cry and I knew in my heart that I wanted to, that I had to, bring the joy and passion that I was receiving to my practice.

Long story short, I went to California and participated in a drum circle facilitators training with Arthur Hull immediately followed by the HealthRHYTHMS facilitator training. I went there to learn how to facilitate wellness based drum circles. While I was there, another dream was realized. I got to make music like Yanni with never having any experience on a keyboard.

During the workshop we were introduced to another music-making wellness program called the *Clavinova Connection*. Then it happened. They asked for a volunteer. I raised my hand and had the opportunity to sit at the keyboard. They told me it didn't matter if I knew how to play or not, that all I had to do was play any key "from my heart" and that I could not mess up. From the moment I touched the keys my heart burst open and tears flowed to my eyes. I was doing it. Each key that I touched expressed a truth from inside me and I felt a peace inside that is still indescribable. Now I wish to share that peace with you.

I love facilitating drum circles and workshops. It challenges me to go beyond my self imposed limitations to where I am empowered to live my life's purpose with passion; to empower and entrain others to the innate rhythms inside of them and to manifest the experience of living life to the fullest. I will now be going to California to participate in the *Clavinova Connection* Facilitators Training Seminar from November 3rd through the 5th. I will return to facilitate your entrainment to an even deeper, new level of healing. The more I learn, the more my heart opens and the more I have love and connection to offer you!

Stay tuned . . . and come to the Wellness Day & FOOD DRIVE event on November 18th to sneak a peak at a Clavinova! Also I'll keep you posted about a 4 and/or 8 week workshop that you can join and you can be playing by Christmas.....Tell them Dr. Jackie sent you!

[CLICK HERE to learn more about what you would experience in a typical Clavinova Connection session....then scroll down the page and select your Internet connection's speed. Next w click on "ARRIVAL SONG". HAVE FUN! You will feel better from the moment you hit play!!!](#)