

Houston Music and Wellness Center

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Bittman et al. (2001) Journal of Alternative Therapies
Bittman et al. (2004) Advances in Mind-body Medicine

10 Health Benefits of Drumming

1. Stress Reduction
2. Exercise
3. Spirituality
4. Joy
5. Creativity
6. Self-Expression
7. Energy
8. Active Music Making
9. Active Meditation
10. Unity

Recreational Music Making Defined by Barry Bittman, MD & Karl Bruhn

"Recreational Music Making encompasses enjoyable, accessible and fulfilling group music-based activities that unite people of all ages regardless of their challenges, backgrounds, ethnicity, ability or prior experience. RMM ultimately affords unparalleled creative expression that unites our bodies, minds, and spirits. " Karl Bruhn, Father of the *Music Making and Wellness* movement.

The Criteria for Recreational Music Making is to have a Group program that emphasizes quality of life and non-musical outcomes rather than competition or heightened performance. HealthRHYTHMS Group Empowerment Drumming is Remo's research-based RMM Program.

The HealthRHYTHMS Protocol is the foundation of our HealthRHYTHMS Group Empowerment Drumming Program, and consists of a series of 10 steps participants are guided through to facilitate communication and personal expression. **Research has shown the results can include** – an increase in natural killer cell activity, reduction in stress and burnout rates, improvement in mood states, enhanced creativity and bonding, and more.

How is HealthRHYTHMS different from a drum circle?

A drum circle is a group of people making in-the-moment music with percussion instruments, voice, and movement. It can be as simple as three friends in a living room, or as involved as three thousand attendees at a corporate team building event.

HealthRHYTHMS is a research-based group drumming protocol which has demonstrated biological and psycho-social benefits. **HealthRHYTHMS Group Empowerment Drumming** isn't about drumming, rather the drum is used as a tool for communication and personal expression. Though HealthRHYTHMS also empowers participants for "in-the-moment music making" it goes beyond and creates a platform for integrating other strategies for achieving non-musical outcomes as well. For this reason it is the Recreational Music Making program of choice for Planetree (Hospital Affiliate Network, Planetree.org), and is used around the world by doctors, nurses, therapists, ministers, teachers, musicians, drum circle facilitators, and more..