

# Drumming for the Rest of Us

## – a HANDS ON workshop –

*Feel the Power! Feel the Spirit!  
If your heart is beating you can drum!*

**J**ill Sager successfully bridges the gap between traditional hand drum workshops and drum circles to make learning how to drum accessible to everybody.

**T**his exciting, supportive, and highly informative workshop is just what you need to get you started and playing hand drums.

**T**ogether we will discuss blocks that deprive us of the drum's power in our lives. We will learn hand techniques for traditional rhythms and obtain underlying principles so we can keep playing after the workshop is over. We will explore creative approaches to better express ourselves, and gain insight about how to play at

drum circles and bring drum circles into your community. Finally, we will learn about the "nuts and bolts" of hand drums so you can make an informed purchase.

**P**ractice tips and handouts for further inspiration are provided so you can bring the magic home.

**J**oin the drummers of the world and book a ***Drumming for the Rest of Us*** workshop for your community today.

*"Jill's enthusiasm, skill and knowledge about drumming have opened my ears and enriched my life."*

C. Wilder, workshop participant

*"Thank you Jill for the knowledge, inspiration, encouragement, and safe environment to explore."*

L. Herbert, workshop participant



[www.handsonrhythm.com](http://www.handsonrhythm.com)

Info@handsonrhythm.Com • 541-343-5920