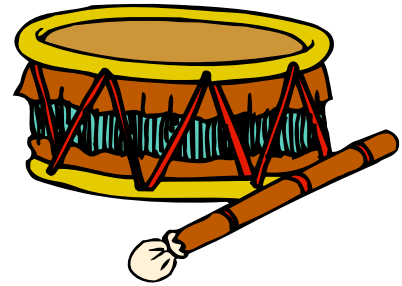


Drumming

In many cultures drumming has been used for Celebrations and ceremonies to create unity and Harmony. Drumming techniques will be based on the Native American ritual. Please bring your own drum if you have one. Some drums will be available for use. No experience is necessary. Attend as many sessions as you would like.



Second Fridays:
Jan. 8, Feb. 12, March 12,
April 9 and May 7

Facilitator: Kristyne Lemerand

7-9 p.m.

No registration required. Suggested offering \$10 - \$20

Visitation Barn
529 Stewart Rd.
Monroe, MI 48162
724-240-5494

Kristyne Lemerand was introduced to the frame drum by Gail Tola in 2001. Playing daily has helped reduce stress, improved blood pressure and brought another facet of depth to her spiritual practices. Kristyne has worked with small groups of students and adults leading discussion, meditation and drum circles. She is an ordained minister focusing on advancing her education in theology. With a background in meditation, contemplative prayer, visualization and chant, Kristyne welcomes the opportunity to teach and learn with you.