



## ORGANIC GROOVE PRESENTS: PLAY WITH RHYTHM

**The perfect intro to drumming in community! (45 min)**

After a quick hand-drumming lesson on authentic West African djembe drums, we learn some ancient rhythms, play some rhythm games... And before you know it, you are drumming in community.

Professional facilitator and drumming instructor Kat van Groove is your guide on a rhythmic journey where the focus is on playful experimentation and creating music-in-the-moment together! No previous musical experience necessary.



**DRUMMING IN  
COMMUNITY!**

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**HAVE DRUMS,  
WILL TRAVEL  
(WE COME TO YOU)**

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**CREATES  
COMMUNITY**

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**ENHANCES YOUR  
IMMUNE RESPONSE**

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**RELIEVES STRESS**

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**ALL WE NEED IS A  
CIRCLE OF CHAIRS!**

**KAT VAN GROOVE**

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