

Let Whole Life Rhythm
create an event for you!



Rhythmic events and programs are designed by Whole Life Rhythm and you, the client. We will help define a program that will achieve your goals. Whether your intention is just to have fun or you are looking for a specific result, we will help you succeed!



Mindfulness

There is a growing body of evidence that appears to explain the underlying reason why playing group percussion is highly effective in improving our emotional and physical health. Group percussion is a mindful practice that combines physical, mental, and emotional engagement; mindful activity has been shown to make positive changes in our emotional and physical health.



*"Making music with other folks is one of the most profound experiences we can experience... And, drumming is the simplest form of making music!
- Derm*



DERM

Michael Dermody

Central Florida, Belize,
Central NY, Western NC,
Have drums will travel!

315.414.7389

Beginners Warmly Welcomed!

**Drumming improves creativity,
health, and is just plain fun!**

info@wholeliferhythm.com
www.wholeliferhythm.com

Whole Life Rhythm Programs

Corporate

Have a meeting coming up? Do some team building or *inspire* your team!

Well Elderly - Wellderly

Drumming is a great way to keep people fit and active.

Schools

Kids and rhythm are like peanut butter and jelly. Kids love making music and having fun.

Special Needs

From Autism to Alzheimer's and Parkinson's, rhythm is a fantastic way to reach folks.

Recovery

Rhythmic exercise has multiple benefits for folks in recovery.

Community

Making music and drumming at community events is fun and really exciting! It spices up any gathering.

Have an idea of your own?
Let us know your thoughts!

Whole Life Rhythm will

Craft a session to help *achieve* your desired outcome. We will supply small percussion and drums, facilitate your program and turn a ho hum gathering into a *memorable* event!

Jungle Retreat

The jungle of *Belize* is the spectacular backdrop for our "Rumble in the Jungle" all-inclusive weeklong retreat at the Belize Botanic Garden. Come join us and experience what Belize has to offer. Experience Belize in a non-touristy way and immerse yourself in the culture!

Whether you have a group or will be coming on your own, we have you covered.

Visit our website -
"Rumble in the Jungle" page.



Benefits

Playing rhythms is a great tool for healthy living practices like *meditation, mindfulness, relaxation* and stress relief.

Drumming is scientifically proven to improve brain function and *creativity*.

Drumming has been used for centuries to send messages, create bonds and promote *unity* within groups. Creating music offers the experience of connection with ourselves and others, and helps us release, restore, and *heal*.



DRUM CIRCLE LEADERSHIP
Learn to Lead Transformational Drum Circles

