

# THE SOUTH CARIBOO COMMUNITY DRUM CIRCLE

## INFORMATION - 2016

Typically, people gather to drum in drum "circles" with others from the surrounding community. The drum circle offers equality because there is no head or tail. It includes people of all ages. The main objective is to share rhythm and get in tune with each other and themselves.

– Mickey Hart

**Sessions** are on a drop-in basis and the drumming is predominantly freestyle and spontaneous. You're welcome to come by and join in. No previous experience needed.

**Our weekly gatherings** are on Saturdays 1 to 3 pm and usually start on the first Saturday in October and end the last week in May.

### **Location:**

Upstairs room of the 108 Community Centre.

### **Cost:**

\$2 drop-in.

Bring a drum, if you have one. We usually have one or two extras on hand.

To be notified of events and other drum-circle related happenings, send an e-mail request to [jn@jnweb.com](mailto:jn@jnweb.com)

For more information, updates and pictures about our Circle - and hand drumming in general - visit our web page:

[www.jeffcetera.ca/drumming/](http://www.jeffcetera.ca/drumming/) .

You can also phone Jeffrey at 250-791-9206.

“I come to drumming as therapy, because of the way it feels in my body; when I drum, or simply when I close my eyes and allow the drumming of others to wash over me.”

“My eye-hand-mind coordination is at a place it has never been before. I listen to music in ways I never thought possible (as in I begin to understand how some of it fits together).”