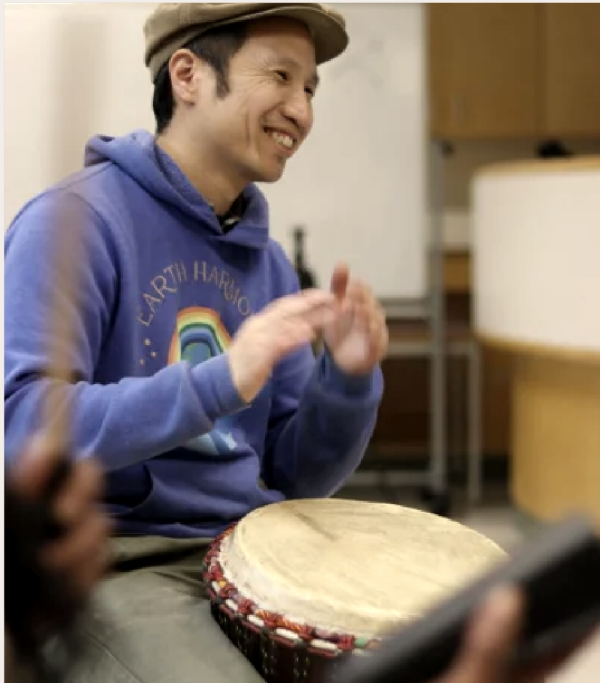




about us

Twenty plus years of facilitating rhythm for groups of all kinds. We are drummers, educators and community builders bringing the power of interactive hand-drumming and improvised music making to groups of every kind.



our services

Drum circles, rhythm workshops and team events — no experience needed, every drum provided.

Book a circle or partner with us:

EarthHarmonySoundWellness.com

earthharmonysoundhealing@gmail.com

780.257.6428

DISCOVER THE JOY OF RHYTHM CIRCLES



why drumming?

Rhythm is the one language every body already speaks. A circle gets a room out of its head and into a shared pulse within minutes. The joy is in the discovery of playing and working together for a common goal.



how

Pick up a drum. The facilitator provides a structured yet free-flowing arc that helps to bring out the best in everybody. Find your own rhythm, call and response, layered grooves, and the whole room playing as one.

Sessions build connection, release stress and leave a group energized and in sync.

key benefits

- relieves stress and lifts mood fast
- builds team connection and trust
- no experience or talent required
- all drums and percussion provided

