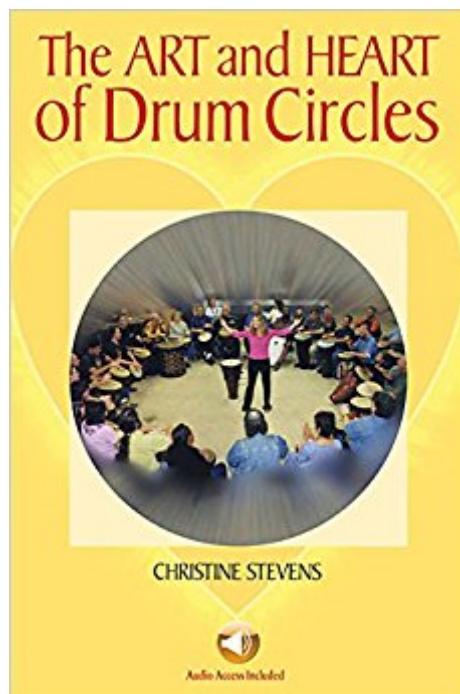


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# The Art And Heart Of Drum Circles



## Synopsis

(Book). In this quintessential guide to both creating and facilitating drum circles, noted music therapist and drum circle facilitator Christine Stevens covers everything from key grooves and instrumentation, to the personal side of empowering people and creating transformational experiences through recreational drumming. Filled with practical tools, guidelines, principles, helpful hints, exercises, and even online play-along tracks, Stevens' book weaves into one resource the many key elements of what My Generation/AARP Magazine refers to as one of the country's "fastest growing holistic health trends." "Christine Stevens brings together the energy of her drum circle leadership and the healing power of her background in wellness to give us a very helpful book for drum circle leaders, teachers, recreation specialists, religious group leaders, health professionals, business people and amateur drummers." Dr. Will Schmid, MENC Past President and author, World Music Drumming "This book is a must for anyone involved in or interested in the drum circle movement from veterans to wanna-be facilitators." Karl Bruhn, Father of the Music Making and Wellness Movement What you'll learn: \* The science of entrainment \* The drum circle duality \* How to advertise and set up your drum circle \* Recommended drums and percussion instruments \* Eight basic facilitation cues \* Seven essential skills of facilitation \* Making arrangements in-the-moment . Facilitation using a melody instrument \* Creating sound-scapes with new drummers \* How to cover the basics of hand drumming \* Starting and maintaining the groove \* Designing your program \* Facilitating from a place of musical joy! . Creating metaphors and meaning

## Book Information

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## Customer Reviews

CHRISTINE STEVENS was born in England and moved to South Africa in 1982. She was in the fashion industry for twenty years, travelling the world first as a fashion buyer then a designer. She moved to her organic farm Eikenbosch in 2000 with her husband and two sons, and since then she has been farming organically, making organic wines, cooking and writing about food. Hull teaches at the University of California, Santa Cruz.

Nice resource...I was brand-new to drum circles when I purchased this, and found it to be really helpful. The scenes with both very small (living room) circles and large, moderated and unmoderated group circles were especially valuable for me. Great resource - highly recommend to anyone new to group percussion and wanting to build confidence and understanding...but also to anyone more experienced wanting to learn/hone some moderating skills.

I have never experienced a drum circle but after reading this little book, I am ready to find my first drum circle experience and then to bring it to my own church. We are studying earth based religions and that is how I learned about drum circles. After talking to others who have done drum circles and reading this book - I am all in for relieving the stress, experiencing the spirituality and the community building that drum circles encourages. I have not had a chance to listen to the cd that accompanies the book cause another member of our church is reading the book - We are talking about a drum circle to celebrate the equinox in March on the town square. Sounds like we will have a chance for wonderful community experience!

Practitioner friendly but accessible to a beginner. There is a passion for drum circle that drives the text and this shines through. A relatively short book but one that you could easily dip in and out of.

This is an invaluable and easy to read book for those that are beginning drum circle facilitators as well as a wonderful source of inspiration for those that are experienced in the art form. Highly recommended.

Christine Stevens has a solid understanding of rhythm and its foundation in creating beautiful music. Including the facilitation or conducting of rhythmic and melodic participation, she creates amazing sound-scapes that are achievable by most facilitators. This is a terrific lesson in the "feel" of the drum circle. I think that achieving the feel requires technical understanding of the process but

also a huge amount of sensitivity to the feel of the circle and the individual contributions of the players. I recommend Christine to all serious drum circle participants.

I really liked the cd with this book. It helped to generate new ideas and revitalize our drum circle (DC). There are also a number of good tips for running a DC. The reason it gets 4\* is that it focuses on facilitated DCs and we like a more "free style" circle. Still many of the tips are applicable and it has made me consider doing some small amount of facilitating just for variety.

As described! A welcome addition to my growing library on drumming.

Getting started as a drum circle facilitator, this video was great. It covers the skills and philosophy for facilitating. This DVD shows the principles applied with large groups, but also small groups that fit in your living room. Well worth it.

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