

THE HEALING DRUM KIT

Christine Stevens

With a venerable history as a healing art, it's no surprise that scientists are now finding measurable positive immune system changes following one-hour drumming sessions. With *The Healing Drum Kit*, internationally acclaimed music therapist Christine Stevens shows you how to use the art of drumming to ignite your creativity, release tension and anxiety, exercise the body, and communicate with a power beyond words. *The Healing Drum Kit* includes:



- A quality 10" REMO™ frame drum
- 24 Rhythm Cards featuring World Rhythms from Africa to Japan; Life Rhythms for whole-body healing; and Spirit Rhythms that liberate creative energy
- 2 CDs of music for solo play or "drum circle jams"
- Spiral-bound study guide with scientific evidence on drumming for wellness, drum blessings from various traditions, playing tips, resources for starting a drum circle, and more

78-page study guide / frame drum / 2 CDs / 24 Rhythm Cards
13" x 13" x 3" / ISBN 1-59179-278-9 / UPC 600835-092524 / U.S. \$49.95



CHRISTINE STEVENS, M.S.W., M.A., M.T.-B.C.

Board-certified music therapist and masters level social worker Christine Stevens leads seminars and presents motivational keynotes for corporations and conferences. With over 15 years of experience, she is an acclaimed author, speaker, and pioneer in the drumming and wellness movement. As Chief Consultant for Music Therapy and Wellness Programs at Remo Drum Company and through her own company UpBeat Drum Circles, Christine has led drumming seminars internationally in places including Japan, China, Korea, Taiwan, England, and the U.S.A.

"I have personally experienced Christine's work. It's inspirational and healing."

—Bernie Siegel, M.D.

"I highly recommend this work to my colleagues in the health and wellness fields and to anyone who just wants to feel good and have fun."

—Jeffrey Ritterman, M.D.,

Director of Cardiology, Kaiser Permanente

"The Healing Drum Kit is the new roadmap, complete with all the essential ingredients for a lifetime of rhythmic joy. A major work filled with love which gives the enthusiast an inside track to the secret and mysterious world of the rhythmic arts. A must have for beginners and professionals alike."

—Mickey Hart



SOUNDS TRUE
wisdom for the inner life