



UpBeat Drum Circles
www.ubdrumcircles.com



Wellness Presentations: InTune™

Do you know that our souls are composed of music?" Leonardo DaVinci

InTune demonstrates the health benefits of drumming from a mind-body perspective, while teaching participants how to use music as a tool for stress reduction and life-enhancement. Drawing upon recent scientific evidence demonstrating cellular immune system improvement after one hour of group drumming (Bittman et al, Jan, 2001, *Alternative Therapies*), the *InTune* program integrates scientific evidence with joyful exercises, culminating in a fabulous drum circle experience.

InTune innovator, Christine Stevens, has written articles and offered media appearances on the use of musical expression for health and wellness. Christine's article, "The New Vitamin D – Vitamin Drum," was recently featured in the 2002, Winter issue of *Natural Health and Beauty Magazine*.

<p>Results you can expect:</p> <ul style="list-style-type: none"> • Interactive and engaging presentation • Mind-body-soul connection • Latest research on music and medicine • Re-energize staff - combat burnout • Group connection and immediate bonding • Educational seminar that is inspirational and informative • Laughter and Fun 	<p>Applications:</p> <ul style="list-style-type: none"> • Wellness Centers and Retreats • Conference Presentations for Integrative Medicine and Fitness • Personal Growth Seminars • Employee Health Programs • Spa Programs • Spirituality and Health Conferences • Staff Burn-out Seminars
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Praise:

"It felt great to connect to the essence of being human." - *participant*

"An intriguing way to connect mind, body and music. People were a bit apprehensive at first, but the whole stress and tension level was "knocked down a notch or two" once the drumming began. It was fun and interesting for all."

-Joanne Mitten, MHE Program Chair, National Health Education and Health Promotion Conference, sponsored by the Centers for Disease Control.

InTune™ Curriculum

***Each *InTune* program is custom designed to meet the needs of YOUR specific group, drawing from a menu of UpBeat drum original activities.**

Guided Imagery Drumming – combining visualization and drumming, this experience is simultaneously relaxing and energizing. It's a revolutionary method of meditation.

RDA – Recommended Drumming Allowance - presenting rhythmic ways of being in the world that do not require playing an instrument.

Vitamin D – Vitamin Drum – discovering the homeopathic aspect of music, not as a cure, but as a supplement for our maximum health and well-being.

Wired for Sound – an explanation of the neurological connection to music and sound.

It's Instrumental - an experience of the two most natural instruments – our voice and the rhythm of our hearts.

First Joyous Musical Experience – a meditation program to remember how it all began - the first time we experienced musical bliss and harmony.

2 hours Total Program Time*

**Can be customized to fit your program needs. We also provide three and four hour programs which may require additional facilitators.*

For more information, contact
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