

Drum & Journey Circle

Multi-cultural drumming sessions.

Thousands of years ago, around 6000 BC, our ancestors made the first musical instrument: **the drum**. The drum has been used throughout human history; nearly every culture on Earth has used a drum in some fashion.

The beat of the drum has the power to relax, energize and transport us. Science has studied the effects of repetitive rhythms on the brain, and has discovered that drumming quickly alters our brain patterns from Beta to Alpha waves. (Alpha is the pleasant state of 'resting our mind').

Drumming is a simple yet effective way of altering human consciousness to a more peaceful state of being.



Our Drumming and Journey Circle is one hour, open to all ages and you need no musical talents or experience, just the desire to explore the power of drumming.

Jade Gonzalez is our Drum Facilitator and is looking forward to having you in the Bishop's Lodge Drumming Circle.


THE BISHOP'S LODGE RANCH RESORT & SPA

Fridays and Saturdays

4 to 5 pm

\$40 per person

Reservations 505.983.6377

bishops lodge.com

What to Expect?

We begin each drumming session by clearing our energy and our drum's energy with sage. We make an offering in gratitude to the spirits of the sacred directions for joining and guiding us, doing this creates a sacred space for our intentions, drumming and prayers.

There will be time in the drumming circle to share your experiences with others if you choose to, or to journal some of your thoughts and understandings. Please feel free to bring an item of meaning to be placed in our circle that will help you in anyway. It could be a totem, a photo, a written statement, anything that will assist you on your journey.

