

Relax into Rhythm

A dynamic and holistic program to relax the mind and focus the body

Drumming patterned and polyrhythmic sequences

- supports neurodevelopment in children
- rehabilitates neuroplasticity in adults
- alleviates stress through joyful connection
- develops emotional and social cohesion
- promotes confidence and learning capacity
- provides opportunities for self-awareness
- cultivates self-regulation
- contributes to healing the effects of trauma
- builds resilience and empowerment
- nurtures a sense of pride and well-being



BA-BOOM!
on the pulse since 2002

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