

## The Healing Drum Kit

Christine Stevens

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#1032805 in Books Sounds True 2005-07-01 2005-07-01PDF of discs: 2Original language:EnglishPDF # 2 10.14 x 2.58 x 10.60l, 1.80 Running time: 9000 secondsBinding: Misc. Supplies78 pages"Christine Stevens has put together a terrific kit that can introduce you to the magic, fun, and healing power of drumming. I recommend it."-Andrew Weil, MD | File size: 61.Mb

**Christine Stevens : The Healing Drum Kit** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Healing Drum Kit:

91 of 91 people found the following review helpful. Excellent guide to beginning drummingBy Renee AubuchonThis kit works on several levels. At one level, it is an introduction to drumming as a healing practice, and how to use drumming to sustain and enhance one's health. At another level, it is an excellent introduction to drumming practice-offering progressive steps and assistance. I particularly like that the author speaks the drum beat pattern out loud on the CD and then plays it. I also like that there are cards showing you visually what the drum beat patterns are. I really believe the author has paid attention to multiple learning modalities (hearing or sight dominant, etc.).At another level it is an introduction to world drumming. There are two CDs that come with this kit. The first CD is somewhat meditative. The second one will challenge you to play with world beat sound tracks. Awesome.Additionally, the drum is small and compact enough to take with you on trips and perhaps even to a drum circle. My djembe is big, heavy and awkward to navigate with. My dombek has a ceramic base and I am always afraid I am going to break it if I chance leaving the house with it. But this little drum I would, and probably will, take anywhere. Consider it the iPod of drums.While the drum cannot be tuned, it is basic and functional. While the CD does not include video segments, what do you want for \$31.00 ?For the price this is an awesome kit to learn with and to play with. I am enjoying it so much. I bet you would too.0 of 0 people found the following review helpful. A great addition to my personal wellbeing practiceBy Talia KolkerI bought this kit because I have positive memories of a Health Rhythms drum circle that visited my school years ago, and I haven't found any similar drum circles located nearby. Obviously drumming alone isn't going to be exactly the same as drumming with a group, but I think this kit contains some valuable tools. I had already been synthesizing a personal wellness practice that draws from many sources, and this is a great addition to my practice. I wouldn't recommend depending on this alone for good mental health, but using it to supplement what I was

already doing is working out well for me. 0 of 0 people found the following review helpful. Drum your way to health! By W. B. King What a great intro to the drumming "world" complete with a very nice drum. I've listened to her CD included which presents the beats and gives an opportunity to play along. There is a booklet included and cards describing the different tempos you play with each CD "song". I really, really like it and think that it's an excellent way to incorporate healing into my life. Thanks so much Christine for sharing this.

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 a venerable history as a healing art, it's no surprise that scientists are now finding measurable positive immune- 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" REMOT 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 Whether relaxing to the gentle lub-dub of a heartbeat, exploring sacred rhythms from around the globe, or simply drumming away stress, people of all ages will experience and enjoy the full spectrum of this ancient art, with The Healing Drum Kit.

"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!" About the Author As director of Music Therapy and Wellness Programs at Remo Drum Company and through her own company UpBeat Drum Circles, Christine has led music and wellness seminars internationally in places including Japan, Hong Kong, Korea, Taiwan, England, and the USA. For more about Christine, visit her website at [www.ubdrumcircles.com](http://www.ubdrumcircles.com).