




October 2016




OCTOBER 9

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.  

Keep your eye on the chicken and try not to laugh!




"Getting creative with music can also be an outlet for humor. Percussionist Ray Cooper comes to mind on this topic. Can you think of anyone else? Here's Pete Stavrum Nielsen in Denmark with "Drop Duck" - and this RRRRRROCKS!"


OCTOBER 8

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.  

I just attended an african drumming training session similar to this, you have to try this to know what its like to synchronize in precision with other drummers, I played hand drums so hard my hands were bleeding which had to be taped...




"Do you jam with other drummers and percussionists? Here's Tremolo Ensemble from Israel performing a percussion cadence inspired by Ibn Batutta, a 14th century Moroccan traveler. This is a short glimpse into the projects of Tremolo Ensemble, which include concerts with orchestras, recitals, with dance companies, theatre and many more."


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See more fun, inspiring drumming videos from over 100 countries around the world at www.facebook.com/DrumTalkTV/videos


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 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  

 **Creating a Musically Accessible Culture by Christine Stevens | UpBeat Drum Circles Blog**
drumsoul.wordpress.com

Rebuilding Society "I'm proposing we broaden our professional identity. Envision the larger perspective of musical accessibility, a culture rich with hootenanny-consciousness that once permeated barns, churches and parks of the 1920's in the Adirondacks and Blue Ridge Mountains. ' Music making can become part of every medical center's treatment program, every long-term care center's activities, every fitness center's creativity component, and every school's requirements in every

grade. [170 more words]

<https://drumsoul.wordpress.com/2016/10/09/creating-a-musically-accessible-culture-by-christine-stevens-upbeat-drum-circles-blog>

OCTOBER 6

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



How to practice mindfulness – top tips – The i newspaper online iNews

drumsoul.wordpress.com

"The practice of mindfulness has increased steeply in the UK in the past few years. In a previous age, those who turned to meditation and mindfulness were often branded hippies, but there has been a shift in perception, after numerous studies showed its benefits. What is mindfulness? According to the Oxford Dictionary: "A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique." [160 more words]

<https://drumsoul.wordpress.com/2016/10/07/how-to-practice-mindfulness-top-tips-the-i-newspaper-online-i-news>

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Brain picks up the beat of music automatically — ScienceDaily

drumsoul.wordpress.com

"A sense of rhythm is a uniquely human characteristic. Music Cognition scientist Fleur Bouwer discovered that the sense of rhythm -- also known as the beat -- is so fundamental to humans that we recognise patterns in music even without paying any attention or receiving any training... "What most people call the sense of rhythm -- the mechanism that enables us to clap along or dance to music -- is an intangible ability that is exclusive to human beings. [294 more words]

<https://drumsoul.wordpress.com/2016/10/07/brain-picks-up-the-beat-of-music-automatically-sciencedaily>

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



How the performing arts can set the stage for more developed brain pathways — ScienceDaily

drumsoul.wordpress.com

This study provides evidence that wellness drum circles that promote dance as part of the activities will promote more balanced whole brain integration in the process. This should show many brain learning-health benefits: "We found that dancers and musicians differed in many white matter regions, including sensory and motor pathways, both at the primary and higher cognitive levels of processing," ... See More

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Bickram Ghosh plays The Tabla

youtube.com

See Page Events for tickets for Bickram Ghosh this Sunday at MIM in Phoenix

The Ravi Shankar Foundation presents Bickram Ghosh's Drums of India
GRAMMY-winning percussionist Bickram Ghosh is arguably one of the greatest tabla maestros alive. His group, Drums of India, is composed of four master drummers from India, playing a variety of traditional Indian drums and supported by the sitar. This ensemble has thrilled audiences throughout the Indian subcontinent.

<http://mimusictheater.themim.org/ravi-shankar-foundation-presents-bickram-ghoshs-drums-india>

Arizona DrumSoul - Rhythms and Sound for Wellness shared Musical Instrument Museum - MIM's event.



The Ravi Shankar Foundation Presents Bickram Ghosh's Drums of India Musical Instrument Museum - MIM

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Arizona DrumSoul - Rhythms and Sound for Wellness shared Musical Instrument Museum - MIM's post.

Musical Adventures kids will be crafting a Portuguese frame drum this weekend in Phoenix. Have your 6-10 year old join in on the fun!

OCTOBER 3

Arizona DrumSoul - Rhythms and Sound for Wellness shared a group. Sound Healing Group for the Body, Mind and Spirit, Relaxation and Meditation.

September 2016

SEPTEMBER 27

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. Former BYU professor's music research may decrease anxiety and stress – The Daily Universe



drumsoul.wordpress.com

"New classes, new schedules, new jobs and new roommates are just a few of the added stresses the start of a new semester can bring to BYU students. The Association for University and College Counseling Center Directors conducted a survey in 2015 that found the predominant concern among college students is anxiety, affecting 47.3 percent of students; this was followed by depression, which affects 40.1 percent of students. [119 more words]

https://drumsoul.wordpress.com/2016/09/28/former-byu-professors-music-research-may-decrease-anxiety-and-stress-the-daily-universe

SEPTEMBER 20

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. MIM Overview



youtube.com

"The Musical Instrument Museum (MIM) enriches our world by collecting, preserving, and making accessible an astonishing variety of musical instruments and performance videos from every country in the world. MIM offers guests a welcoming and fun experience, incomparable interactive technology, dynamic programming, and exceptional musical performances. MIM fosters appreciation of the world's diverse cultures by showing how we innovate, adapt, and learn from each other to create music—the language of the soul."

Continue reading at: https://www.youtube.com/user/MIMphx/about Videos:https://www.youtube.com/user/MIMphx

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. GUIDED IMAGERY | DrumSoul



drumsoul.wordpress.com

"Guided imagery is a mind-body intervention by which a trained practitioner or teacher helps a participant or patient to evoke and generate mental images that simulate or re-create the sensory perception of sights,sounds, tastes, smells, movements, and images associated with touch, such as texture, temperature, and pressure, as well as imaginative or mental content that the participant or patient experiences as defying conventional sensory categories,and that may precipitate strong emotions or feelings in the absence of the stimuli to which correlating sensory receptors are receptive. [160 more words]

https://drumsoul.wordpress.com/2016/09/21/guided-imagery-drumsoul

SEPTEMBER 19

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. Relaxation Techniques for Health | NCCIH



drumsoul.wordpress.com

What's the Bottom Line? Who Teaches Relaxation Techniques? What the Science Says About the Effectiveness of Relaxation Techniques What the Science Says About the Safety and Side Effects of Relaxation Techniques NCCIH-Funded Research "How much do we know about relaxation techniques? A substantial amount of research has been done on relaxation techniques. However, for many health conditions, the number or size of the studies has been small, and some studies have been of poor quality. [98 more words]

https://drumsoul.wordpress.com/2016/09/20/relaxation-techniques-for-health-nccih

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. Musical Instrument Museum: The Impact Of Music On Various Cultures




drumsoul.wordpress.com


For those who haven't visited MIM, it goes a little something like this: Walk in to the massive two-story

building, head to the front desk, pay admission, grab your headset, and you're off. Now it's time to choose your worldwide journey. MIM showcases an expansive collection of instruments from every country, with its Geographical Galleries split into five major global regions: Africa and the Middle East, the United States and Canada, Europe, Asia and Oceania, and Latin American and the Caribbean. [188 more words]

<https://drumsoul.wordpress.com/2016/09/20/musical-instrument-museum-the-impact-of-music-on-various-cultures>

SEPTEMBER 14

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **2-Minute Mindful Movement Practice**
youtube.com


Try This Movement Practice Before You Meditate

"By focusing on the breath while doing some simple mindful movements you can synchronize your mind and body with breath and rhythm.


Mindful movement can help you tap into that space beyond your busy mind where you are already calm and clear. By focusing on the breath while doing some simple movements you can synchronize your mind and body with breath and rhythm. What happens when you do that, even after just a few minutes, is you begin to pause and start to focus."

Continue with step by step instructions from:
<http://www.mindful.org/mindful-movement-practice-before-meditate/>

SEPTEMBER 12

 Arizona DrumSoul - Rhythms and Sound for Wellness shared The Pet Collective's video.


Cats like to do yoga too

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Rare And Strange Instruments's video.

The power of India's scales to produce sound healing affects.

The Sitar, played by Guille del Castillo, invented by uruguayan luthier Ariel Ameijenda (ameijenda.com), is a hybrid between indian dilruba and sitar.
<https://www.youtube.com/channel/UC50TebhX9Q3XhCjfkKhRvPiQ>

SEPTEMBER 9

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

www.sacredsoundgongbath.com
sacredsoundgongbath.com


Sound Healing, Storytelling and Multimedia

Example of combining sound healing, storytelling and video for a integrated holistic effect on the human body and spirit.


VIDEO: http://www.sacredsoundgongbath.com/_Media/a-dharma-story---salt-2.m4v

"Richard Rudis created the first original Gong Bath™ experience twenty years ago and has performed over 1,000 Gong Baths in the US & internationally helpi...
[See More](#)

SEPTEMBER 8


 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

Grab some drumming buddies and get it on! This is the Largest Bucket drum ensemble, by students of Abdul Halim in southern India from age 8 to 13! See more fun, inspiring drumming videos from over 100 countries around the world at www.facebook.com/DrumTalkTV/videos

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

You can't keep from smiling with this great drummer and her band...


The drummer with the biggest heart, 102-year-young Viola Smith joins us on Drum Talk TV! See the interview right here: <http://bit.ly/ViolaSmith-DTTV>
In this interview, viola talks about her 17-piece drum set, taking lessons from Billy Gladstone and owning one of his snares (He only made 40-50), spending time with Krupa, Bellson, ... [See More](#)


 Arizona DrumSoul - Rhythms and Sound for Wellness shared Resonance Science Foundation's photo.

Matter itself is made of atoms which are all tiny oscillators vibrating in the structure of the vacuum and are each made of 99.999999% space. By understanding the structure and dynamics of space we can better understand everything in the universe...

Nikola Tesla was correct when he said "Our entire biological system, the brain and the Earth itself, work on the same frequencies." It's time to tune our biology and our consciousness to resonate with the fundamental harmonics of the universe.

Nassim Haremein • THE CONNECTED UNIVERSE


 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.


 **Biology of Belief - by Bruce Lipton (full documentary)**
youtube.com

The Biology of Belief

"This new updated and expanded 10th anniversary edition of The Biology of Belief will forever change how you think about your own thinking. Stunning new scientific discoveries about the biochemical effects of the brain's functioning show that all the cells of your body are affected by your thoughts. Bruce H. Lipton, Ph.D., a renowned cell biologist, describes the precise mol...
[See More](#)

SEPTEMBER 7

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **HealthRHYTHMS**
youtube.com

Open Community Health Rhythms Sessions, Phoenix Area

When: 3rd Tuesday of Every Month
Where: Ironwood Cancer Treatment Center: 8880 E. Desert Cove Ave. Scottsdale, 85260
Time: 6P - 710P
Phone: 480-314-6670
... [See More](#)


 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.


 **AZRC Drum Classes - AZ Rhythm Connection**
azrhythmconnection.com

AZRC - Arizona Rhythm Connection

Friday night AZ Drum Classes, Scottsdale

Every Friday Night in Scottsdale
Crescent Moon Yoga Studio.
... [See More](#)

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Learn Mindfulness: Practice 4 -- Belly Breathing | Huffington Post**
huffingtonpost.com

Learn Mindfulness using your breath

"The breath is a reminder that there is an exchange going on inside each of us in every moment of the day. Much more than the passage of oxygen and carbon dioxide, life itself is on its journey through you.

In each moment, the breath is a beautiful and effortless collaboration with the Universe.


MINDFUL TIP:... [See More](#)


 Arizona DrumSoul - Rhythms and Sound for Wellness likes AZ Rhythm Connection.

SEPTEMBER 5

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Dean Ornish, MD.

SEPTEMBER 3

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Pandora Wellness Music**
drumsoul.wordpress.com

Pandora Wellness Music




Hello I have been performing research with my Pandora music account to select wellness tracks to support my DrumSoul wellness activities. Most of these stations and tracks are selected to be used between percussion activities to provide quieter meditative interludes to the energy of drumming or as background non-melodic tones to the drum circles. I have been generating these types of music interludes with keyboards, machines, singing bowls

and CDs etc.




Read More at:




<https://drumsoul.wordpress.com/2016/09/04/pandora-wellness-music>

SEPTEMBER 2

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. An example of how to drum with children:  

"Did/do you ever do drumming duets with your students/teachers? Here's Abdul Halim with a young student performing a ghatam clay pot drum duet together. Ghatam is becoming increasingly popular throughout India."




 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. Worried about disturbing the neighbors? Try using the pillows...  

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Kalagrit - Essence of Indian Art's video. Think you have seen all the best percussion instruments? Look around the globe to find more.  




KARTAL & DHOLAK




"Beautiful amalgamation of Kartal and dholak #music.

A khartal or #kartal is a percussion #instrument of #India. It literally means the rhythm of the hands which is made of wooden blocks without any holes and circular copper plates. Khartal is an ancient instrument mainly used in devotio... [See More](#)

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Resonance Science Foundation's video. Strangers never just pass in the night even on the cosmic scale.  




Karma is ever reaching out to bring them back together again...

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. How about flying robot music? What a head scratcher...  

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Mary Tolena :-: Rhythm Lift's photo. "DRUM CIRCLES IMPROVE HEALTH ~ Those who participate in circle drumming experiences:  

→ Promote group unity and community
 → Provide an experience of flow
 → Induce feelings of light trance and euphoria
 → Provide a strategy for emotional release (especially anger) when words fail
 → And allow for opportunities to learn to communicate more effectively"




-- Mary Tolena :-: Rhythm Lift




 Arizona DrumSoul - Rhythms and Sound for Wellness shared The Connected Universe's video. This is a documentary film called "THE CONNECTED UNIVERSE" about the interconnection of all things in the Universe.  

For more info see:
<http://www.theconnecteduniversefilm.com>

 Arizona DrumSoul - Rhythms and Sound for Wellness likes The Connected Universe.  

SEPTEMBER 1


 Arizona DrumSoul - Rhythms and Sound for Wellness replied to Annette Wilson's comment. The best way to go is annual family membership for \$100 otherwise its \$20/head/visit or \$40 for you both for Sat. Look at the membership as contributing to the cause of music education.  

 Arizona DrumSoul - Rhythms and Sound for Wellness posted in Experience the Andes at MIM. We will be there on Saturday starting with the 1030am performance:  

Los Waukis Andinos Musical Performance
 10:30–11:15 a.m.
 North El Río
 Kick off the day by learning all about the indigenous music of the Andes with a performance by this talented Phoenix-based band. "Los Waukis" means "the brothers" in the Quechua language—a phrase that reflects the diversity of backgrounds and influences of the ba... [See More](#)

August 2016


AUGUST 30


 Arizona DrumSoul - Rhythms and Sound for Wellness shared your post.

The intuitive side of the brain processes tones and frequencies of speech to add more meaning. Music from the right raises awareness of deeper meanings in life...

"There is a well-known distribution of labor in the human brain," Attila Andics of Hungary's Eötvös Loránd University said in a news release. "It is mainly the left hemisphere's job to process word meaning, and the right hemisphere's job to process intonation. The human brain not only separately analyzes what we say and how we say it, but also integrates the two types of information, to arrive at a unified meaning. Our findings suggest that dogs can also do all that, and they use very similar brain mechanisms."

AUGUST 29


 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **6 Evidence-Based Ways Drumming Heals Body, Mind and Soul | Wake Up World**
drumsoul.wordpress.com

"From slowing the decline in fatal brain disease, to generating a sense of oneness with one another and the universe, drumming's physical and spiritual health benefits may be as old as time itself. Drumming is as fundamental a form of human expression as speaking, and likely emerged long before humans even developed the capability of using the lips, tongue and vocal organs as instruments of communication. [177 more words]

<https://drumsoul.wordpress.com/2016/08/30/6-evidence-based-ways-drumming-heals-body-mind-and-soul-wake-up-world>

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Music Therapy Research Blog.

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Music therapy.

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Music Therapy.

 Arizona DrumSoul - Rhythms and Sound for Wellness posted in Experience the Andes at MIM.


List of activities and concerts for either Saturday or Sunday:

Andean Mix & Match
9:00 a.m.–4:00 p.m.
El Río and MIM Galleries
Come "find them all" on your journey through the Latin America Gallery! Pick up an activity sheet in the lobby to get started on this fun, Andean-themed seek-and-find activity.
... See More

 Arizona DrumSoul - Rhythms and Sound for Wellness added an event.

 **Experience the Andes at MIM**
Arizona DrumSoul - Rhythms and Sound for Wellness

AUGUST 26

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Kinesphere - Pilates & Gyrotonic's post.

Music is a powerful tool for healing. What kind of music do you listen to when you need to calm yourself? When you wish to elevate your mood? Blow off steam?

 Arizona DrumSoul - Rhythms and Sound for Wellness shared their upcoming events.

 **Arizona DrumSoul - Rhythms and Sound for Wellness - Events**

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Sound Energy Healing.

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Sound Healing Research.

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Sound Healing

Academy International.

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Musical Instrument Museum | Artist Residency & Workshops

mim.org

ARTIST RESIDENCY PROGRAM at the Musical Instrument Museum in Phoenix

The Artist Residency Program at MIM brings professional musicians from around the world to provide unique educational opportunities for elementary, middle-, and high-school groups. The two hour experience includes an interactive theater performance and semi-guided museum tour starting at 9:30 or 11:00 a.m.

Call MIM's School and Group Tour Coordinator at 480.245.6919 or e-mail grouptours@MIM.org to check availability and for reservations.

<http://mim.org/education/artist-residency/>

Arizona DrumSoul - Rhythms and Sound for Wellness added an event.



34th Annual Native Americans Connections Parade - October 8th
Arizona DrumSoul - Rhythms and Sound for Wellness

Arizona DrumSoul - Rhythms and Sound for Wellness shared Nassim Hareamein's video.

How Do Your Thoughts Create Reality?

Great simulation of the discussion...

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

Some people put plants in them, some make music with them. Here's Abdul Halim in southern India with a melodic ghatam clay pot drum jam!

Arizona DrumSoul - Rhythms and Sound for Wellness likes Resonance Science Foundation.

AUGUST 25

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

So what can you do with drumsticks and a stool.

You won't know until you try!

AUGUST 24

Arizona DrumSoul - Rhythms and Sound for Wellness shared You Have To See This's video.

In the Healing Power of Drumming book two (see Amazon link in next post), Jim Greiner eloquently shares in one section how vocalizing the rhythms we are playing goes a long way to internalize them physiological and spiritually. If as a facilitator we haven't trusted our voices, I would reconsider practicing to integrate vocals into group percussion. Singing activates many networks in the mind and body.

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



The Healing Power of the Drum, Book Two: A Journey of Rhythm and Stories

amazon.com

All new sequel to the original, wildly popular "Healing Power of the Drum". A timely synopsis of the healing, cultural traditions, community building and continuation of the sacred lineage of the drum.

#Amazon

Arizona DrumSoul - Rhythms and Sound for Wellness likes Andrew Ecker.

Arizona DrumSoul - Rhythms and Sound for Wellness likes Drumming Sounds.

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Ecovillage living - a new source of hope | Kosha Joubert | TEDxGeneva

youtube.com


The power of indigenous cultures to save and uplift us.


Our roots are there with many core values which have been sidelined in modern society.

Last year, Kosha Joubert, President of the Global Ecovillage Network, delivered a powerful talk at TEDxGeneva on the impact of ecovillages around the globe. Joubert lived in South Africa as a child, spent time in Amsterdam as adult, and now lives at the ... [See More](#)

AUGUST 20

 Arizona DrumSoul - Rhythms and Sound for Wellness likes [Mary Tolena](#) --: Rhythm Lift.

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.


 **RhythmLift: Dynamic Programs that Energize, Engage and Unify Groups and Teams**
youtube.com


Discovering the Power of Rhythm

"Mary awoke to the power of rhythm when she first held a hand drum in 1998. "I can't explain it," she says, "because the idea of 'drumming' had never crossed my mind. But as soon as I touched the drum, I felt an opening, a shift, a grounding in my sense of self. Rhythm opens doorways to new levels of wellbeing, and science is now proving it."

Connecting the Lesson... [See More](#)

AUGUST 19

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **eMindful Life's 1% Challenge**
vimeo.com


Free daily mindfulness training challenge using just 1% of your day.

"Mindfulness is the ability to intentionally focus your attention in the present moment, with curiosity and interest.


When you do this, you can become more aware of your thoughts, emotions and physical sensations as they are happening, without being swept away by them.

Mindfulness training is brain training. By practicing, yo...
[See More](#)


AUGUST 18

 Arizona DrumSoul - Rhythms and Sound for Wellness shared [Rare And Strange Instruments's](#) video.


"The verrophon is a glass tubular instrument, played by rubbing the hand on tubes, for a cristalline sound!"
Talk about sound healing....

 Arizona DrumSoul - Rhythms and Sound for Wellness shared [Drum Talk TV's](#) video.


Jaw Dropping Drumming so hard his set starts falling apart!
"Name a "non-mainstream" drummer (as in not high-profile and vastly known) who blows your mind with their talent. And take a tall sip of this: Czech Drummer Miloš Meier with his Dymytry drum solo from Masters of Rock, 2011!"


 Arizona DrumSoul - Rhythms and Sound for Wellness shared [Drum Talk TV's](#) video.

"Have you ever jumped in and began jamming with a street drummer? This is what happened when Drum Concepts founder and Switch Kick creator Kevin Smith was on vacation in San Francisco. The street drummer is John F King II. "

 Arizona DrumSoul - Rhythms and Sound for Wellness shared [Drum Talk TV's](#) video.


"What would YOU play on the Wintergatan Marble Machine? This music instrument uses 2000 marbles to make music and was built and composed by Martin Molin. "

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Legend of the Cherokee Rose @ Ya-Native.com**
ya-native.com

Legend of the Cherokee Rose - The Trail of Tears


AUGUST 17

 Arizona DrumSoul - Rhythms and Sound for Wellness shared [Hinduism Stories's](#) photo.

The Root of All Sufferings
The story is in the photo caption

 Arizona DrumSoul - Rhythms and Sound for Wellness commented on their own post.

Alice Cooper's Solid Rock Teen Center
alicecoopersolidrock.com
<https://alicecoopersolidrock.com/contact>


 Arizona DrumSoul - Rhythms and Sound for Wellness shared [Hodgie Jo's](#) video.

"Working with youth is one of the most rewarding experiences a person can have these youth from the Alice Cooper youth center are among the hundreds of youth I have had a privilege of working with I will share some amazing tools to get Youth to open up and experience music in an intentional way.."

-- Andrew Ecker born from the Apache born to the Irish has been a bridge for community for 21 years he is currently the owner of Drumming Sounds and Wellness Sourcing LLC he has been facilitating community building and developing engaging events for over 2 decades.

AUGUST 10

Arizona DrumSoul - Rhythms and Sound for Wellness shared their upcoming events.



Arizona DrumSoul - Rhythms and Sound for Wellness - Events

Participants will learn key tools that can be applied to personal development, community and business. The Drumming Sounds methodology of facilitation is based on ancient tribal technologies of holding ceremonial space. This practice is about transforming oneself as much as it is about transforming the community.

AUGUST 4

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Circle of Stories . Many Voices . Storytelling Gallery | PBS

[pbs.org](http://www.pbs.org/circleofstories/voices/voices_gallery.html)
PBS Interactive Media of Native American Stories


Explore a photographic collage of images and inspirational quotes, poems and stories from a variety of Native storytellers.

http://www.pbs.org/circleofstories/voices/voices_gallery.html

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

Here's an amazing family affair, total synchronization... Here's Sheila E., her Dad Pete Escovedo and Tito Puente having some fun together!

Arizona DrumSoul - Rhythms and Sound for Wellness shared Native Americans's photo.



Ya-Native.com

Arizona DrumSoul - Rhythms and Sound for Wellness shared Village Music Circles's video.

Facilitating takes extreme courage but its worth it...Watch this video full screen so you can see the writing on the wall...(yes pun intended:-)

Jim Boneau begins his "Art of Facilitation" session at the 2016 Hawaii Playshop, and shows us why being a facilitator (using drums or otherwise) takes courage.

Arizona DrumSoul - Rhythms and Sound for Wellness shared their upcoming events.



Arizona DrumSoul - Rhythms and Sound for Wellness - Events

Join Drumming Sounds for first Friday drum circle some drums provided... this circle is in the heart of Phoenix at Desoto market come early stay late...

If music were about pictures, percussionist Poncho Sanchez's music would best be described as a kaleidoscopic swirl of some of the hottest colors and brightest lights to emerge from either side of the border. For more than three decades as both a... [See More](#)

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

Here's a very fun, creative and impressive collaboration from our friends, Val Sepulveda and Fer Fuentes, both from Chile, now in the USA. This is "The Cup Game Beats," from cups to sets to cups!

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

Jaw Dropping Animal v. Buddy Rich, literally...

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

Age does not go with skill... Here's 11-year-old Kalonica Nicx in Indonesia playing Tommy Igoe's "Mozambique"!

AUGUST 3

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



MIM Overview

youtube.com
Volunteering at MIM - Make music your life!

I am starting a volunteer relationship with the [Musical Instrument Museum - MIM](#) here. The place is like a Music University and volunteers get connected on the inside. You may find me in the Experience Gallery next month or doing school tours. I will get 8 half off discount passes I can hand out during the year. Here is a link to their volunteer website where you can apply: <http://mim.org/about/volunteer/>

AUGUST 2

Arizona DrumSoul - Rhythms and Sound for Wellness shared Native Americans's photo.



ya-native.com/prayersandblessings/LooktotheEarth.html

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

Arizona DrumSoul - Rhythms and Sound for Wellness replied to Steve Starr's comment.



Arizona DrumSoul Band - Rhythmic Music with Stories of Spirit

j davidhale.wordpress.com

Thank you, will contact you to explore what can be done in your area.

Arizona DrumSoul - Rhythms and Sound for Wellness shared a Page.

The Power of Music to Change the World.
Best of Estonian Dance Celebration "To Breathe as One" on Youtube: <https://youtu.be/Snfn5C3Dw3I>

In Estonian, the words "soul" and "breathe" come from the same root — "to breathe as one" means more than coordinated inhaling and exhaling — it connects souls together.

"To Breathe As One" explores the beauty and meaning of the Festival through the eyes of the... [See More](#)

Arizona DrumSoul - Rhythms and Sound for Wellness likes To Breathe As One - Film Page.

AUGUST 1

Arizona DrumSoul - Rhythms and Sound for Wellness shared Native Americans's photo.



ya-native.com/prayersandblessings/aprayerforguidance.html

Arizona DrumSoul - Rhythms and Sound for Wellness shared Ankh Ma'at Ra's video.

Fitness drumming from Africa!
Great ideas for bringing drumming into your classes. Anyone standing still during this would have to be made of stone...Make sure and watch all of it.

July 2016

JULY 31

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



What you should - and shouldn't - do if you run into a rattlesnake

magicvalley.com

How to respect Rattlesnake, when you meet him.

A teaching western parable adapted from: https://en.wikisource.org/wiki/Parables_of_Ramakrishna/The_Parable_of_the_snake_that_refused_to_hiss

When the pioneers went west, they had much fear learning to live with the snakes of the southwest. One day a horse whisperer who could talk to animals was working to train horses at a nearby ranch noticed the ... [See More](#)

Arizona DrumSoul - Rhythms and Sound for Wellness updated their cover photo.



Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Native American Hoop Dancing – Traditional Native Healing

drumsoul.wordpress.com

Hoop Dancing Traditional Native Healing

From <http://traditionalnativehealing.com/tag/native-american-hoop-dancing>

"The interconnectedness of us all, the fact that we all are related, part of a circle. The hoops represent all the elements that come together, the elements being connected. Slowly, hoops are added representing different elements, including animals, other humans or the life elements such as water or air or even life events such as marriage. The hoops and movements of the dancer are evocative of animals movements. Indeed, the formations made with hoops can represent wings or a tail for example."

JULY 30

Arizona DrumSoul - Rhythms and Sound for Wellness likes Neuraptitude.org.

JULY 29

Arizona DrumSoul - Rhythms and Sound for Wellness updated their profile picture.



Arizona DrumSoul - Rhythms and Sound for Wellness updated their profile picture.



Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Native American Medicine Wheel

native-americans-online.com

"How does the Medicine Wheel help us to realize a more fulfilling life?"

from <http://native-americans-online.com/native-american-medicine-wheel.html>

"Our happiness is produced, not by our external life conditions, but by our perceptions and thoughts about our life and what happens to us. We are not upset or made happy by events, but by our reactions to events.

To understand the significance of ... [See More](#)

JULY 28

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Native American Totems and Their Meanings

legendsofamerica.com

"Native American Totem Animals & Their Meanings"

from <http://www.legendsofamerica.com/na-totems.html>

"A totem is a spirit being, sacred object, or symbol of a tribe, clan, family or individual. Native American tradition provides that each individual is connected with nine different animals that will accompany each person through life, acting as guides. Different animal guides, also called spirit... [See More](#)

Arizona DrumSoul - Rhythms and Sound for Wellness shared Dancing Drum's post.
 What more can we do with drums? We will never run out of ideas...

Arizona DrumSoul - Rhythms and Sound for Wellness shared Native Americans's photo.



ya-native.com/prayersandblessings/forlandandlife.html

Arizona DrumSoul - Rhythms and Sound for Wellness shared Laura Davis & The Writer's Journey's video.
 A Gamelan orchestra in Bali. An example from other cultures how music and rhythm can manifest is so many creative ways.
 Watch the heartbeat players on the far side on the left.

JULY 26

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.
 How well could you play rhythms at 2? Probably better than you remember. With another drum set in a year this little guy will really rock you!

Some of you may remember seeing a viral video we posted of 12-yr-old Logan "Robot" Gladden playing drums and singing "Rock N Roll" by Led Zeppelin. Here is young Robot at 2 playing and singing "We Will Rock You"! Did you ever rig up gear like this when you were younger?

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.
 Which player is needed for the whole jumping group to play on?
 The Mother Earth Heartbeat who keeps her cool...

Here's a grooving Drums and Pipes Jam by My Heart Will Always Be In Scotland!

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



CFD's Indian Village adds to Western story
 wyomingnews.com
 Indigenous Cultures bring Spirit to life through Storytelling

from http://www.wyomingnews.com/news/cfd-s-indian-village-adds-to-western-story/article_81d4664a-514c-11e6-af84-6fb527125500.html

"It's called storytelling, but it's really more of a cultural sharing," Allen explained.

"We are just simply, every day people," Iron Cloud told attendees seated on log benches.... [See More](#)

JULY 25


Arizona DrumSoul - Rhythms and Sound for Wellness replied to Carl Von Worley's comment.



Arizona DrumSoul Band - Rhythmic Music with Stories of Spirit
 jdavidhale.wordpress.com

Hello if you have a question, click on the Contact Us or send me a private message. thanks

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Therapeutic Drumming and Drum Therapy | Kalani Music
 drumsoul.wordpress.com

Therapeutic Drumming and Drum Therapy

I have been referring to the benefits of my drum circles in DrumSoul applied to "wellness" and "fitness" rather than "drum therapy" because the latter refers to degreed and licensed music therapists performing rhythm type music therapy as medical treatment for specific patient populations. Many recreational drum circles like mine can have therapeutic elements and be done with specific populations with help from staff, when referenced correctly but should not refer to it as "therapeutic" unless a music therapist is involved in the planning. [183 more words.]

<https://drumsoul.wordpress.com/2016/07/25/therapeutic-drumming-and-drum-therapy-kalani-music>

JULY 24

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



How To Become More Mindful Using Nothing But A Journal
 mindbodygreen.com

How To Become More Mindful Using Nothing But A Journal

When you think of mindfulness, what do you picture? Is it a luxurious savasana at the end of a yoga class? An afternoon spent perched on a meditation cushion, listening to relaxing music and focusing on your breath? A moment, in the midst of a crisis, spent centering yourself and watching your thoughts float by like clouds?

Yes. Mindfulness ... [See More](#)

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Are You Being Present?: Episode 10 - Perception of Presence Feat. Andrew Ecker

areyoubeingpresent.libsyn.com

Are You Being Present? Topics include vibrational programming

The Presence Projects presents episode 10 of the "Are You Being Present?" podcast series. In this podcast Paul Kerzner interviews guest host Andrew Ecker and joins him in exploring the topic of perception and how it directly affects the present moment.

Andrew Ecker is a drum circle facilitator, energetic architect and presenter who h... [See More](#)

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

drumsoul.files.wordpress.com

drumsoul.files.wordpress.com

Wellness and Fitness Percussion, Sounds and Stories of Spirit in Arizona.

To promote the healing and wellness benefits of rhythms and music discovered from research, holistic and community drumming practices, in some cases integrated with visualization and meditative techniques, as well as influences from indigenous cultures, where appropriate.

Please click on the Contact Us link for ordering events.

Another way to browse and Search (^F) these Facebook Posts:

<https://drumsoul.files.wordpress.com/2016/07/arizona-drumsoul-band-facebook-posts-2016-2012.pdf>

JULY 23

Arizona DrumSoul - Rhythms and Sound for Wellness shared Native Americans's photo.



ya-native.com/prayersandblessings/awarriorsprayer.html

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

I think this was a father and son team, I would love to have been this happy father...

Mallet-played stringed instrument! This is the Cimbalo, an instrument with rope played like a mallet instrument and sounds like a harpsichord. Roma Hungarians have been using this instrument since the thirteenth century and it has spread to other cultures since. Any requests for Stephan and Maryo Fieraru?

JULY 22

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



The Tempo of Life, Wisdom from the Elders

drumsoul.wordpress.com

The Tempo of Life by Jim Greiner (with permission) (Drum circles range the full spectrum of high energy rock and roll rhythms to calming wellness drumming. Why not have the "Golden Middle Path" as Buddha taught and have the best of both worlds? I try to look for that gold in my circles. Music is life and life is music! Let us encourage life to find a better middle ground.) [667 more words.]

<https://drumsoul.wordpress.com/2016/07/23/the-tempo-of-life-wisdom-from-the-elders>

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



The Nature Of Consciousness: Resonance Between Ancient Philosophies And Current Science

huffingtonpost.com

The Nature Of Consciousness: Resonance Between Ancient Philosophies And Current Science. Marjorie Woollacott, Neuroscientist, professor, and author.

"What is consciousness? Is it an essentially human characteristic or a fundamental characteristic of the universe? Questions about consciousness have intrigued philosophers and scientists for thousands of years. Neuroscientists, like myself, are ask... See More

JULY 20

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

An interview with Arthur Hull on rhythm & music youtube.com

Three Simple Exercises on the Power of Rhythm

Arthur Hull* in the publication "Endrummingment" talks about the pervasiveness of rhythms in everything and provides 3 exercises with our senses to become more aware of them.

"Rhythm surrounds and permeates every aspect of our daily lives. It is in the patterns of our clothes, in the sounds of ripping faucets, and in the ticking of our inner body clo... See More

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

The importance of Entrainment in Drum Circles drumsoul.wordpress.com

Entrainment is important to drum facilitators in order for them to use foundation rhythms to allow a drum circle to find its "center" in which the drummers have synchronized to the natural evolving rhythms of a particular drum session. In this respect most facilitators are looking to bring that process forward so they can step out of way and let the drum circle "self-facilitate" its own natural evolving rhythms. [1419 more words.]

https://drumsoul.wordpress.com/2016/07/20/the-importance-of-entrainment-in-drum-circles

Arizona DrumSoul - Rhythms and Sound for Wellness shared their upcoming events.

Arizona DrumSoul - Rhythms and Sound for Wellness - Events

Drumming Sounds 3 Day facilitator training, facilitated by Andrew Ecker DCF HRF, Participants will learn key tools that can be applied to personal development, community or business. The Drumming Sounds methodology of facilitation is based on ancient tribal technologies of holding ceremonial space. This practice is about transforming oneself as much as it is about the community. Andrew brings a we... See More

JULY 19

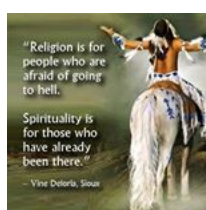
Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. What happens when you make a drum circle out of classical drummers at a concert? A lot of pizzazz!

JULY 17

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

The Shoshone Butterfly Legend legendsofnativeamerica.com

Arizona DrumSoul - Rhythms and Sound for Wellness shared Native Americans's photo.



Ya-Native.com

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. Every wanted to rap on your checkout counter? How about the whole store....

Dario Rossi in Italy as the Musical Speedy Market Checker as part of this week's theme on Drum Talk TV, "Play On Anything Week," July 10-16! You have got to watch this through to see what it develops into

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. What is your favorite song to play air drums to? Here's Mr. Bean (Rowen Atkinson) with an air drums solo!

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. Who you gonna call! Garage Stompers! Watch till the end or you'll regret it...

Here's our hottest FAN video of last week of either a fan playing or a video sent in by a fan! This covers Sunday through Saturday and is based on video views and

amount of comments: Here's HabenGoods in Denmark with Garage Stomp of ShowTime-Ghostbusters!

JULY 16

Arizona DrumSoul - Rhythms and Sound for Wellness likes Jim Greiner's Hands-On! Drumming Events.

Arizona DrumSoul - Rhythms and Sound for Wellness shared Jim Greiner's post. "Musicians call it the Groove. This is when we're playing deeply entrained with each other, and with anyone who can hear and feel our music. We enter this state, no matter what the activity is, through repeating physical actions with positive intentions and a mindful and disciplined focus on the underlying fundamental skills of our actions. This is the place where our conscious minds take a well-... See More

JULY 15

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. I want one of these! Go crazy on pipes Blueman! Here's Pipe Guy with "HouseTranceTechno" Live down undah as part of this week's theme on Drum Talk TV, "Play On Anything Week,"

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. How a Drummer Woman was made. Great storytelling and drumming combined. What's your Drummer Story? Here's LeeAne't Noble in Maryland, USA with her Drummer Story!

Arizona DrumSoul - Rhythms and Sound for Wellness shared Native Americans's photo. Legend of the Dreamcatcher - out with the bad, in with the good...

JULY 14

Arizona DrumSoul - Rhythms and Sound for Wellness shared a Page. Kinesphere is a studio devoted to finding optimal alignment while experiencing the joy of movement. We offer numerous private session and group class training methods that enhance, restore and revitalize your human machine.

Arizona DrumSoul - Rhythms and Sound for Wellness likes Kinesphere - Pilates & Gyrotonic.

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. Video: Drum circle at Delray Beach city commission meeting youtube.com Video: Downtown Delray Drum Circle performs at city meeting The Downtown Delray Beach Drum Circle, a group of local drum and yoga enthusiasts who convene using events on Facebook, performed Tuesday evening at a commission meeting to share their music — and message — with the city. About a dozen people opened the meeting by playing drums, maracas and other instruments while many danced along. Thi... See More

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. Healing sound: Tibetan singing bowl therapy reduces stress, physical and emotional strain | The... thegazette.com Healing sound: Tibetan singing bowl therapy reduces stress, physical and emotional strain. For years, people have used soothing sounds to assist in meditation, relaxation or even sleep. Sound therapy, a healing practice used in many ancient cultures, takes these healing sounds a step further, using vibrations to possibly heal physical aches and pains, reduce stress or other mental and emotional issues. It also is believed to relieve blockage of the chakras, or the energy points in the body.

JULY 12

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. Sound baths and the healing properties of sound therapy video.foxnews.com


Sound baths and the healing properties of sound therapy

You won't get wet during this bath — as a Southern California practice is cleansing its clients in sound waves.

Fox's Kelley Moody has more on the healing properties of sound therapy.


"[It's] hard to explain if you haven't done it. It's really hard to explain, but you have a connection with the sound."...
[See More](#)

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Rare And Strange Instruments.


 Arizona DrumSoul - Rhythms and Sound for Wellness shared Rare And Strange Instruments's video.

The fluid piano is a hammered zither played with a keyboard system (yes, a piano) and a system of slide on each note, invented by Geoffrey Smith, built to play microtonal music, here indian classical music, Ustav Lal performing Raga Bhairav.
<http://www.indianragapianist.com/projects/the-fluid-piano>

JULY 11


 Arizona DrumSoul - Rhythms and Sound for Wellness shared Three Arms Energy Balancing's post.


Allow #meditation to be a family event. Meditate with your children for at least 10 minutes daily!

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Hand Drumming Adventures And Retreats's video.

Congolese rumba on their kalimba Likembe (Thumb pianos) mixed with vocal joy!

JULY 10

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Native Americans's photo.



Ya-Native.com

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. This is a fun video

Move over Blue Man! New kids on the block...

Play drums on anything besides drums lately? Here's Exotic Percussion Thailand with 'Pringles!' as part of this week's theme on Drum Talk TV, "Play On Anything Week," July 10-16! During Play On Anything Week we are featuring drumming and percussion playing on ANYTHING! Many of these are right from our own online community

JULY 8

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.


 [Overcome These Five Common Obstacles to Meditation - Mindful](http://mindful.org)
mindful.org

Overcome These Five Common Obstacles to Meditation

Working with the wandering mind is challenging. Here's why you're having trouble meditating and a practice to renew your motivation.


It is absolutely normal to experience some challenges when practicing mindfulness meditation. Your mind will wander; this happens to everyone. Since you've begun practicing mindfulness with the approaches earlier i...
[See More](#)

JULY 7

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

How young can master drummers be?


At what point in playing music did you begin exploring different styles? Here's 9-year-old Matteo Franzè in Italy with "A Night In Tunisia" with Ettore Carucci and Luca Alemanno!

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

Ringo on Drumming

JULY 4

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. Watch these little kids get into the rhythms together: Here's the beginner Louisville Leopard Percussionists with Herbie Hancock's "Watermelon Man"! These are 2nd and 3rd graders! Check out the Drum Talk TV interview with thee directors and some of the kids form the organization here: <http://bit.ly/Louisville-Leopard-Percussionists-DTTV>

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **A 5-Minute Breathing Meditation To Cultivate Mindfulness - Mindful**
mindful.org

A 5-Minute Breathing Meditation To Cultivate Mindfulness

Reduce stress, anxiety, and negative emotions, cool yourself down when your temper flares, and sharpen your concentration skills.

How do you cultivate mindfulness? One way is to meditate. A basic method is to focus your attention on your own breathing—a practice simply called "mindful breathing." After setting aside time to practice mindful breathing, you'll find it easier to focus attention on your breath in your daily life—an important skill to help you deal with stress, anxiety, and negative emotions, cool yourself down when your temper flares, and sharpen your ability to concentrate.


Arizona DrumSoul - Rhythms and Sound for Wellness shared Mamady Keïta Djembefôla's live video. Check out a large group in sync with their guru faciiltator, watch how they end in unity

Kudani rhythm dedicated to my grandmother ❤️. Live class. Day 2 #TTMDA

Arizona DrumSoul - Rhythms and Sound for Wellness shared Mamady Keïta Djembefôla's video. Tam Tam Mandingue International team and I play djembe and dunun breaks for Kudani. I love this rhythm that I created to honor my grandmother. Enjoy!

Varun Venkit Colleen Caffrey Jeremy Tomasck David Nava Francesco De Santis Tam Tam Mandingue Monterrey DrumArt

JULY 3

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **HealthRHYTHMS Overview**
youtube.com

HealthRHYTHMS is a research-based group drumming program which is used in hospitals, schools, support groups, community outreach, and more. Research has shown this protocol can help strengthen the immune system, reduce stress and burnout rates, improve mood states, and promote creativity and bonding. Trainings offered around the world.

Visit <http://www.remo.com/health> for more information

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **Why Buffalo Has A Hump**
legendsofnativeamerica.com

Why Buffalo has a Hump and foxes live in holes.

http://www.legendsofnativeamerica.com/region_subarctic/legends-chippewa/WhyBuffaloHasAHump.php

JULY 1

Arizona DrumSoul - Rhythms and Sound for Wellness shared Native Americans's photo. 

Ya-Native.com

June 2016

JUNE 29

Arizona DrumSoul - Rhythms and Sound for Wellness shared Native Americans's photo.



Ya-Native.com

Arizona DrumSoul - Rhythms and Sound for Wellness shared **Hinduism Stories's** photo.

Before the Mahabharata battle began, Lord Krishna gave Arjuna and Duryodhana a choice. Krishna told them, 'I can give My entire army to one of you but I will not come. Or, I can come without any weapons as your charioteer and My army will help your foe. Which do you choose, Me or My army?' Without hesitation Arjuna said, 'I want you, Lord. You alone are enough. I do not need the army.'

Click below to continue:



Arizona DrumSoul - Rhythms and Sound for Wellness likes **Native American Connections.**

Arizona DrumSoul - Rhythms and Sound for Wellness likes **Native American Spirituality.**

Arizona DrumSoul - Rhythms and Sound for Wellness likes **Drum Circle Finder.**

Arizona DrumSoul - Rhythms and Sound for Wellness likes **Music Matters.**

Arizona DrumSoul - Rhythms and Sound for Wellness shared **Raquy Danziger's** post.

I got tennis elbow after trying this for a few weeks but it does show mind melding during drumming.

Arizona DrumSoul - Rhythms and Sound for Wellness shared **World Music and Arts's** video.

Wonder Klds!

Arizona DrumSoul - Rhythms and Sound for Wellness shared **Rare And Strange Instruments's** video.

For those who say drumming is not good exercise... 😊

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

DrumTamTam - Swish and whisper
youtube.com

DrumTamTam percussion orchestra presents "Swish and whisper". Djembe, ashiko and flying whale.
Join us: <https://www.facebook.com/groups/drumtamtam/>
https://www.vk.com/drum_tamtam
<https://www.instagram.com/drumtamtam/>
<https://www.youtube.com/channel/UCRTwyp1ZgZSeUTK2Pj4WxSw>

JUNE 28


Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.


Grandmother's Creation Story
legendsofnativeamerica.com

Grandmother's Creation Story
A Chickasaw Legend on the evolution of the spirit animals to save humans.



http://www.legendsofnativeamerica.com/region_southeast/legends/GrandmothersCreationStory.php

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. Here's Aggie Trzeszczak drumming on the streets of Lodz, Poland!



 Arizona DrumSoul - Rhythms and Sound for Wellness shared Dancing Drum's post. We find one of the world's ultimate drumming and dancing destinations: GUINEA, West Africa. This mountainous, coastal country is absolutely rich with music, so much so that the government helped local artists create a touring company, called "Les Ballets Africains", to travel the world showcasing their beautiful culture. Anyone who's interested in traditional djembe and dundun, and how the rhythm works together with dance, should check this out! Here's a short, hi-res video of Les Ballets Africains in action.

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Hindu Stories's photo. Arjuna and the Beggar
Let us practice to serve others physically, financially and mentally particularly the needy ones!


JUNE 27


 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **Drum therapy underway at Chattahoochee area libraries**
wrb1.com
Video: Drum therapy underway at Chattahoochee area libraries by Greg Loyd
COLUMBUS, Ga — The Chattahoochee Valley Libraries are famous for their fun summer programs for kids of all ages, but this week they have something extra stimulating to the mind and senses: Welcome to Drum Therapy!
Dwight Baldwin, known as "The Professor" and his son Wesley, are in Columbus this week offering drum therapy... See More



JUNE 14



 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **Tales of Wonder 1 Why Rabbit has a short tail**
youtube.com
Tales of Wonder I And II (as seen on PBS) showcases Native American stories for children, as told in the Native American tradition by acclaimed storyteller and linguist Gregg Howard. "Tales of Wonder" has been used in a curriculum unit developed by the Stanford University Program on International and Cross-cultural Education.
Distinguished Awards:
Video of the Year, Parenting Magazine 2000
Bronz... See More

JUNE 9

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Marla Leigh Goldstein's post. How to play a frame drum

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drumming Sounds's post. Andrew Ecker in action at Senior Centers
"elders are the largest population segment in the US and retirement communities are in every major city in the US for the past 3 drum circle facilitation has given me an opportunity to travel and meet new communities and work around the US doing what I love "
<https://youtu.be/zDbbLuL2FG0>

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **UpBeat Drum Circles**
youtube.com
Christine Steven's Youtube Channel
<https://www.youtube.com/user/ubdrumcircles/>

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **Drum Circle Games and Ensemble Parts**
youtube.com
Building a Percussion Ensemble Song one piece at a time using charting

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Native Americans.

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **The Three-Minute Breathing Space Practice - Mindful**

mindful.org

The Three-Minute Breathing Space Practice

There are three steps to the practice:

Attend to what is. The first step invites attending broadly to one's experience, noting it, but without the need to change what is being observed.

Focus on the breath.

The second step narrows the field of attention to a single, pointed focus on the breath in the body.... See More

Arizona DrumSoul - Rhythms and Sound for Wellness shared Dream Catchers's photo. "If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales." ~ Albert Einstein

JUNE 2

Arizona DrumSoul - Rhythms and Sound for Wellness shared Jim Donovan's post. How to liven up a drum circle with hands and feet. Man-chicken leads drum circle and then sings Queen.

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. Take a look at how many kids can work together with xylophones. In honor of "Bonzo's Birthday Week," here's the Louisville Leopard Percussionists with a Zeppelin Medley! After that, enjoy the interview: http://bit.ly/Louisville-Leopards-DTTV-Interview Learn more about this wonderful organization and hear directly from some of the kids involved about their own personal experiences on why this is a great example for youth (and adults) all over the world to be involved in music programs! (Right?!)

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. Drum Circle Facilitation Training eventbrite.com Drumming Sounds 3 Day facilitator training, facilitated by Andrew Ecker DCF HRF, Participants will learn key tools that can be applied to personal development, community or business. The Drumming Sounds methodology of facilitation is based on ancient tribal technologies of holding ceremonial space. This practice is about transforming oneself as much as it is about the community. Andrew brings a wealth of knowledge having facilitated drum circles for 7 nations and countless groups.

May 2016

MAY 24

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. How Awe Sharpens Our Brains - Mindful mindful.org How Awe Sharpens Our Brains According to emerging research, we're better thinkers when we're feeling awe. Includes Mindfulness Practice: Awe Walk Does awe promote a state of mind where we suck up information from our environment like a sponge, with little conscious effort? Does awe disable the filters, created by our expectations, through which we usually perceive the world? Why are some people... See More


MAY 21

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. 8 Breaths to Joy: A Guided Practice - Mindful mindful.org 8 Breaths to Joy: A Guided Practice Using the breath, this practice encourages compassion and can help focus your attention to better work with roadblocks and difficult moments throughout the day.

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. Heartbeats to Drumbeats, A HealthRhythms Protocol youtube.com HEALTHRHYTHMS Therapeutic Wellness Drumming Program Numerous research studies have been published in peer reviewed journals which demonstrate the health & wellness benefits of our research-based HealthRHYTHMS Recreational Music-Making (RMM) protocol. HealthRHYTHMS Group Empowerment Drumming is Remo's internationally acclaimed research-based RMM program and is the basis for this research.

www.remo.com/experience/post/healthrhythms-research/


MAY 20

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Christine Stevens - Your Life on Drums**
youtube.com

A powerful keynote speech, exploring the healing power of drumming and drum circles by Christine Stevens

MAY 13

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

Here's Katia Kuziakina, 7 years old from Yasnogorodka, Ukraine - and, she's SELF-TAUGHT! Dig her grooving along in the pocket. When did you first feel as though you could play in the pocket? (or can you yet?) See more fun, inspiring drumming videos from over 100 countries around the world at www.facebook.com/DrumTalkTV/videos

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.


 **LTD on Fox News w/ Michelle Merhar**
youtube.com


Let Them Drum is a 501(c)(3) non profit corporation, dedicated to improving quality of life for The Woodlands, TX and surrounding communities through holistic and artistic Percussion experiences.

Our recreational drum therapy treatments and entertainment group caters to special needs, and assisted living communities .

Let Them Drum is unique because they combine different populations together including special populations.

<http://www.letthemdrum.org/>

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Healing Quest: Drumming For Healing**
youtube.com

The beat of a drum is one of the most basic sounds of life. Judy explores the phenomenon of drumming circles that are springing up across the USA as part of holistic wellness practices.

Christine Stevens, MSW, MT-BC, MA holds masters degrees in both social work and music therapy. She is author of Music Medicine, The Healing Drum Kit and The Art and Heart of Drum Circles. The founder of UpBeat Dru... [See More](#)

MAY 12

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **What We Perceive May Only Have the Meaning We Give It**
bigthink.com

A Neuroscientist Says It's Our Stories That Make Sense of Our World


 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **USA Drum Circle Finder by drumcircles.net**
drumcircles.net


Public Drum Circles in Arizona


Hello Drummers & Drum Circle Hunters! Find both freestyle & facilitated drum circles near you. Page updated May 1, 2016
For phones & tablets check my other drum circle finder page, both are updated about the same time. It's www.drumcircleworld.com

Many of the circles have a MeetUp, FaceBook page, or website for them now.
... [See More](#)

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Yu-Jin Sukh's post.

Ancient Wisdom: Never Become Like the Fox from This Fable!

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Try a little mindfulness**
www.nourishthesolution.com

Try a little mindfulness. 5 Minute mindfulness exercises

So we know mindfulness is good for us and good for our brain; the research is clear about that. We know we want to be more mindful in our daily life with our relationships, ourselves and the environment. But how do we do this when life is so busy and it's so much easier to live mindlessly on autopilot?

MAY 11

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.




Drum Circle At Cancer Treatment Centers of America
youtube.com

Drum Circle At Cancer Treatment Centers of America with Andrew Ecker

<https://youtu.be/cQbHjTW5Sew?list=FLnH7axiyMWn3Tq9eVZewnqQ>

MAY 10

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.




How Taming the Mind is Like Riding a Horse - Mindful
mindful.org

How Taming the Mind is Like Riding a Horse

When we engage with the mind and body, we learn how to listen and respond with skill.

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Mindfulness Changes How We Process Sadness - Mindful
mindful.org

Mindfulness Changes How We Process Sadness

What brain science reveals about the different ways we experience emotions.

MAY 6

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.

12-year-old drummer Logan "Robot" Gladden playing & singing "Rock and Roll" Check out this kid's voice! And as far as his open-handed style of play, he tells us his influence was, "I'm right handed but my parents said I started playing drums when I was about 18 months old.

MAY 3

Arizona DrumSoul - Rhythms and Sound for Wellness shared Association Yobalema's video.

How much exercise can drumming be?

Fitness Exercise Dance Drumming

Arizona DrumSoul - Rhythms and Sound for Wellness shared Silimbo's video.

A good base drummer can turn you loose!

Arizona DrumSoul - Rhythms and Sound for Wellness shared Kelalini bağı's video.

Let the young lead the way!

Arizona DrumSoul - Rhythms and Sound for Wellness shared Mamady Keïta Djembefôla's video.

It takes a long time to master the drum or even to teach (facilitate) some village family's have been doing it for generations..... Listen, learn the wisdom and play. smile emoticon

Arizona DrumSoul - Rhythms and Sound for Wellness shared OM 3's video.

These two have spun magic together! Not to be Missed!!!

Arizona DrumSoul - Rhythms and Sound for Wellness shared How To Play Djembe Videos, Lessons and More's video.

Tribal drumming to spark up the day!

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drumskull Drums's video.


I've got rhythm, you've got rhythm...

Arizona DrumSoul - Rhythms and Sound for Wellness shared Julie Hewat's video.

Once in a while, you stumble across a random serendipitous treasure... Ignacio is such a treasure.

MAY 2

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



An Introduction to the Art of Drum Circle Facilitation
youtube.com

The Art of Drum Circle Facilitation Video

Arthur Hull narrates an overview of the 4-step Village Music Circles Drum Circle Facilitation protocol in this video featuring footage from drum circles at the Seattle World Rhythm Festival, NAMM (National Association of Music Merchants) convention, and Arthur's Playshop in Barcelona, Spain.

Source: <https://drumsoul.wordpress.com/2016/05/03/the-art-of-drum-circle-facilitation-video-village-music-circles/>

MAY 1

Arizona DrumSoul - Rhythms and Sound for Wellness shared Gencer Savaş's video. Aerobic Creative Drumercise!

April 2016

APRIL 29

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. Drumsticks 101

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. Be amazed, just 10 years old doing this:

Check out 10-year-old (at the time) Ryuga Uchida from Japan! Here is a glimpse of what you will see more of for our "Prodigies Week," May 1 - 7! Know of a prodigy who is truly exceptionally talented on drums or percussion? Submit a video to us via <http://bit.ly/DDTV-Submissions> Note that they do NOT need to be cinematic productions! You can see our other upcoming weekly themes there as well. Be part of the fun and Submit a Video!

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. Meditation for Beginners - Featuring Dan Harris and Sharon Salzberg

A lot of us might think of trying meditation, but it can be difficult to know where to begin. Thankfully, the folks at Happify teamed up with Dan Harris, author of 10% Happier, and meditation teacher Sharon Salzberg, to take us through the basics.

Mindfulness meditation consists of three simple steps: take a good seat, pay attention to the breath, and when your attention wanders, return.

But the... See More

Arizona DrumSoul - Rhythms and Sound for Wellness shared Music Matters's video. Drumercise Flash Mob!

APRIL 26

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. Michael Pluznick

<https://www.youtube.com/user/michaelpluznick/videos>

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. Santa Ana Pueblo author shares tales, history of his tribe

<http://www.abqjournal.com/762211/news/native-storyteller.html>


APRIL 22


Arizona DrumSoul - Rhythms and Sound for Wellness commented on Drum Talk TV's photo.





My doctor told me to stop drumming until the pain is gone for good. So I am switching to keyboard synthesizer rhythms with my fellow drummers. I am 70, things don't heal fast for me. I started it when imitating a type of rapid twisting hand drumming for several weeks. I did cheat with some flat hand down drumming but the wrists must not bend any direction!

Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video. We may have seen this before but its worth a repeat, I would love to play my synthesizer with him!

-  Arizona DrumSoul - Rhythms and Sound for Wellness shared Martin Ivanov-Libera's post.




 

Hi Guys,



I'd like to announce my new book & method "Quantum Rhythms: The Art of Rhythm Coaching" which is coming out in the near future.


What is Rhythm Coaching?

"Rhythm Coaching" is a unique and versatile method for personal and group development created by Martin Ivanov... See More
- APRIL 21**




 Arizona DrumSoul - Rhythms and Sound for Wellness shared Yoga on Gaia's video.

<https://www.facebook.com/myyogaonline/videos/10153472825187984/>




 
- APRIL 20**

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.




Here's something very musical from Arthur Rezende (drums) and Davi Carvalho (bass), both in Brazil.

 
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared Mogeegs's video.



Since we all tap on just about anything, anyway, why not turn it into a musical instrument? With Mogeegs you can! Check out this video that shows how your creativity can be revolutionized!


 
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.


Here's another "long distance relationship": Abdul Halim in the Ghatam clay pot drum in India and Eric Kummer on the drum set in the USA!

 
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared Tahir Qawwal's video.



Jamming with the Kirtanias in Australia. Had lovely tour in Aus singing songs of divine love together in the form of Bhajan, Qawwali, Kirtan & Kafi


 
- APRIL 19**

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.






"Can't Beat Em' Join Em" Drum Circle Rhythms Based On Ballet Dunun Pt #1
youtube.com




 
- APRIL 17**

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.




Combining percussion music and nature

 
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.




Pillow Drumming! When you live in an apartment and want to cut loose with high energy drumming...




 
-  Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post.




This will melt your heart...
Via
Arizona DrumSoul Band - Rhythmic Music with Stories of Spirit



 
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.





This will melt your heart....



 
-  Arizona DrumSoul - Rhythms and Sound for Wellness likes Kirtan Central.



 
-  Arizona DrumSoul - Rhythms and Sound for Wellness likes KIRTANIYAS.


 
-  Arizona DrumSoul - Rhythms and Sound for Wellness likes Kirtan.


 


-  Arizona DrumSoul - Rhythms and Sound for Wellness likes Robbie Robertson.
-  Arizona DrumSoul - Rhythms and Sound for Wellness likes Drum Talk TV.
-  Arizona DrumSoul - Rhythms and Sound for Wellness likes John Huling.
-  Arizona DrumSoul - Rhythms and Sound for Wellness likes UpBeat Drum Circles.
-  Arizona DrumSoul - Rhythms and Sound for Wellness likes Village Music Circles.
- APRIL 15**

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  **Kaizen Drum Play- Eb N'Goni**
youtube.com
- APRIL 14**

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Mindful.org's post.
  **The 7 Drivers of Old Habits of Thinking - Mindful**
mindful.org
 Our patterns of negative thinking are often based on old, well-practiced, automatic cognitive routines (often repetitive). They are motivated (usually ineffectively) by the goal of avoiding distressing feelings or problematic life situations. We can use mindfulness to learn how to step out of and stay out of these ruminative thought cycles. — Zindel Segal
- APRIL 13**




 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  **Drummers from Rwanda**
youtube.com
 Move over Dancercise, If this doesn't make you pound a table, nothing will!
- APRIL 10**





 Arizona DrumSoul - Rhythms and Sound for Wellness shared Bailes Parranda Indio's video.
 Kids on the street percussion and drums!
- APRIL 9**


 Arizona DrumSoul - Rhythms and Sound for Wellness added an event.
  **EXPERIENCE INDIA at the Musical Instrument Museum**
Arizona DrumSoul - Rhythms and Sound for Wellness

March 2016

- MARCH 25**


 Arizona DrumSoul - Rhythms and Sound for Wellness shared NatureYoga for Kids's post.
  **Should schools teach kids how to meditate?**
wchsh6.com
 ...& the answer is YES!!!.
-  Arizona DrumSoul - Rhythms and Sound for Wellness likes NatureYoga for Kids.
- MARCH 24**


 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  **Manage Stress by Listening to Your Body - Mindful**
mindful.org
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  **Mindfulness Meditation: Guided Practices - Mindful**
mindful.org
- MARCH 22**

 **How to turn on your intuition**


- Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

azfamily.com
Leslie Bank is a former cop turned psychic talked about learning to tap into our gut instinct.
- Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Circle Leadership with Jim Donovan's post.

 **The importance of keeping a beat: Researchers link ability to keep a beat to reading, language...**
medicalxpress.com
The importance of keeping a beat: Researchers link ability to keep a beat to reading, language skills...
<http://medicalxpress.com/news/2013-09-importance-link-ability-language-skills.html>
- Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Circle Leadership with Jim Donovan's photo.




Rhythmic music may change brain function and treat a range of neurological conditions, including attention deficit disorder and depression.... READ MORE
<http://ow.ly/ZI4Y4>
- Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **How to Teach Your Kids about the Brain - Mindful**
mindful.org

MARCH 18

- Arizona DrumSoul - Rhythms and Sound for Wellness shared Raccoon TV's video.

If you didn't see it you would never believe it...
- Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Circle Leadership with Jim Donovan's video.

 **Bring People Together: Welcome to Drum Circle Leadership**
Learn How To Lead Transformational Drum Circles
Drum Circle Leadership is a step-by-step system created by Jim Donovan M.Ed. designed to show you how to create and lead your own transformational drum circles.
<http://drumcircleleadership.com/>
- Arizona DrumSoul - Rhythms and Sound for Wellness likes Drum Circle Leadership with Jim Donovan.

February 2016

No posts

January 2016


JANUARY 26


- Arizona DrumSoul - Rhythms and Sound for Wellness shared Andy Skellenger's video.

A circle of tuned tablas...

JANUARY 7

- Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post.

 **Steve Jobs's Secret to Greatness: Yogananda**
inc.com
From Arizona DrumSoul - Rhythmic Music, Mindfulness and Storytelling
- Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Steve Jobs's Secret to Greatness: Yogananda**
inc.com


December 2015

No posts

November 2015






NOVEMBER 17



















- Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Music creates unexpected benefits for kids**
azfamily.com




NOVEMBER 2

- Add Irish footwork to drumming and what do you get?





-  Arizona DrumSoul - Rhythms and Sound for Wellness shared Drum Talk TV's video.
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
 
[PAN ROCKS! The Ultimate Steelpan Rock Show](#)
 

vimeo.com
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared Serge Badoue's video.
  
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared Nathan Flutebox Lee's video.
  
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared Alternatif Hayat's video.
  
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared Raquy's video.
  
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared Omar Al-T'bal Mansour's video.
  
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared Association Yobalema's video.
  





October 2015





- OCTOBER 13**
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  




[When These Drummers Look Up, No One Could Believe Their Next Move. -](#)

4amazingthings.com
- OCTOBER 11**
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
 
[MEINL DRUM FESTIVAL 2015 - Anika Nilles 'Chary Life'](#)
 

youtube.com

 Just playing around...
 -  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
 
[7 Fun Ways To Teach Your Kids Mindfulness](#)
 

mindbodygreen.com
- OCTOBER 9**
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a Page.
 
[Words that Empower](#)
 

 Go Word Puzzle Crazy with Spirit!
- OCTOBER 1**
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared City of Phoenix Office of Arts and Culture's post.
  

[#PHXArts30 Announcement!](#)




 On Oct. 3, don't miss the great groups on the #ShowMobile stage on Monroe Street, between 2nd and 3rd Streets!

 We have performances scheduled on the outdoor Parks & Recreation #ShowMobile stage!

 10am - 10:40am. Fushicho Daiko Dojo

 10:40am- 11:10am Arizona Caribbean Cultural Association... [See More](#)

September 2015

- SEPTEMBER 30**
-  Arizona DrumSoul - Rhythms and Sound for Wellness likes Drumming and Music.
  

Arizona DrumSoul - Rhythms and Sound for Wellness likes Homeschooled.

SEPTEMBER 23

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. Mindfulness Meditation: Guided Practices - Mindful mindful.org Try this 10-minute body scan meditation for children. If you're a parent, you might choose to do this with your child, or feel free to use the audio as part of bedtime or at any other time of the day. #mindfulparenting #kids #education

SEPTEMBER 15

Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post. The Drumming Hall of Fame™ Movie interviews continue! We were extremely honored to sit down and speak with a "drummer's drummer," Mr. Steve Smith. Regarded by Modern Drummer as one of the Top 25 drummers of all time, Steve has an extremely varied musical background that has roots in many styles including jazz, pop, fusion, swing, and rock just to name a few. Some of the artists Steve has work... See More

SEPTEMBER 13

Arizona DrumSoul - Rhythms and Sound for Wellness shared a Page.

SEPTEMBER 6

Arizona DrumSoul - Rhythms and Sound for Wellness shared Jay Oakwood's photo. THE SOUL-FULL DRUMMER 29 Aug Glastonbury UK

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link. What Happens When Mindfulness Enters Schools theatlantic.com

Arizona DrumSoul - Rhythms and Sound for Wellness shared Musical Instrument Museum - MIM's album. [Four images showing musical performances and instrument displays]

August 2015

AUGUST 30

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.




Blue Man Group - part 01
youtube.com
Ever heard of Blue Man? Don't miss the next one in your town.
Watch all videos in the series.


 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



My PVC Instrument, DRS Talent Show (Original)
youtube.com


AUGUST 14


 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Optus - Whalesong
youtube.com
The magic of music, how to bring whales up to say hello.


AUGUST 10

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.




Mindful Schools In-Class Instruction
youtube.com
Mindfulness is the intentional, accepting and non-judgemental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment, which can be trained by meditational practices that are described in detail in the Buddhist tradition.
<https://drumsoul.wordpress.com/mindfulness/>


AUGUST 8

 Arizona DrumSoul - Rhythms and Sound for Wellness shared JO-G's video.


Djembe Master


AUGUST 6

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



AZ Rhythm Connection
youtube.com
Arizona's Premier Source For Rhythm Based Events
The AZ Rhythm Connection®, a group of highly skilled facilitators whose primary focus is to bring the joy of rhythm and percussion to any and all events where rhythm is welcome. Our team sculpts, layers and creates the most unique and engaging group participation events possible. It is our goal to take the team building and group-fun experiences to unexpected levels of enjoyment. Classes
Our local classes are always fun-filled, beginner friendly and feature certified instructors with years of experience.

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.




Drumming For Your Life Institute
drumsoul.wordpress.com
The single most important thing you can do to help invigorate democracy is to help students read faster and with better understanding. Our Reading & Rhythm program has been proven to do just that by the revolutionary use of rhythm to convert the fear of failure into the will to fight to learn. We need your help to get it into more school systems to help more students. [60 more words.]
<https://drumsoul.wordpress.com/2015/08/07/drumming-for-your-life-institute>

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Arizona Chapter of the Percussive Arts Society.


 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Roots of Rhythm Program
drumsoul.wordpress.com
Roots of Rhythm: World Drumming for All Ages takes teachers and students on a journey to explore different cultures, music, and instruments from around the world. Teachers and students will enjoy both listening to and playing rhythms using ethnically diverse percussive instruments, found or student-made instruments, and body percussion. Roots of Rhythm was created for use in International House of Blues Foundation (IHOFB) and other arts and educational programs. [80 more words.]
<https://drumsoul.wordpress.com/2015/08/07/roots-of-rhythm-program/>


 Arizona DrumSoul - Rhythms and Sound for Wellness shared a Page. The Drumming For Your Life Institute is a 501 (c)(3) non-profit organization founded in 2002 dedicated to using the power of rhythm to help children and youth develop the emotional, academic, and social skills needed to succeed in school and in life.

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Drumming for Your Life.

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a Page. Dancing Drum is a high-impact, interactive drumming program for schools, community centers, drum shops, special events and organizations of all kinds.

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Dancing Drum.

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Killer Drum Videos.

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a Page. The Percussive Arts Society is the world's largest percussion organization and is considered the central source for information and networking for percussionists and drummers of all ages.



 Arizona DrumSoul - Rhythms and Sound for Wellness likes Percussive Arts Society.

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Play Drums PMC.

AUGUST 5

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **Dante Bucci - Reminiscence**
youtube.com



AUGUST 4

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **Sea lion dancing to 'Boogie' beat sheds light on rhythm in brain**
drumsoul.wordpress.com
Sea lions can't sing along to music, but they might just dance to the beat. Researchers at UC Santa Cruz have trained Ronan the California sea lion to bob along to a variety of musical genres, making her the first mammal (besides humans) to respond to rhythm. The findings, described in the Journal of Comparative Psychology, may help shed light on the origins of the brain's ability to sync sound and movement. CONTINUE READING > Via LATimes

<https://drumsoul.wordpress.com/2013/04/03/sea-lion-dancing-to-boogie-beat-sheds-light-on-rhythm-in-brain>



 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **Courtship Display of Java Sparrows**
vimeo.com
Java Sparrows: Percussionists of Bird World | Biology | Sci-News.com


<http://www.sci-news.com/biology/science-java-sparrows-02836.html>





 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **Amazing Child Drummers!**
youtube.com
Child Drummers. You won't believe their drumming skills.







July 2015









JULY 31








 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **Animal Yoga | Kids Yoga Stories | Yoga Books for Kids**
kidsyogastories.com
Free website on yoga, animals and stories

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **Pixar's 'Inside Out' Reminds Us to Manage Emotions by Training Our Brain**
huffingtonpost.com

-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  **Five Things Pixar's "Inside Out" Teaches Us About Emotions - Mindful**
mindful.org
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  **Welcome to Soul Drumming and Storytelling**
drumsoul.wordpress.com
- JULY 27**

 Arizona DrumSoul - Rhythms and Sound for Wellness posted in Debashish Bhattacharya Hindstani classical guitar.
  **Debashish Bhattacharya: NPR Music Tiny Desk Concert**
youtube.com
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link to the event: Debashish Bhattacharya Hindstani classical guitar.
  **Debashish Bhattacharya: NPR Music Tiny Desk Concert**
youtube.com
 Through the creation of the Hindstani classical guitar and his incredible talent and discipline playing it, Debashish has elevated it to be the highest evolution of slide guitar anywhere.
 "His music incorporates a good deal of North Indian (Hindustani) classical music, but you can also hear the blues pouring out from this stunning creation."—NPR
-  Arizona DrumSoul - Rhythms and Sound for Wellness added an event.
  **Debashish Bhattacharya Hindstani classical guitar**
Arizona DrumSoul - Rhythms and Sound for Wellness
- JULY 25**

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  **Free Guided Meditations | UCLA Mindful Awareness Research Center**
marc.ucla.edu
 Free Guided Meditations | UCLA Mindful Awareness Research Center
 For an introduction to mindfulness meditation that you can practice on your own, turn on your speakers and.
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  **Mindfulness; in Medicine, Health Care and Society**
youtube.com
 Mindfulness; in Medicine, Health Care and Society
<http://www.umassmed.edu/cfm> The Center for Mindfulness in Medicine, Health Care, and Society is a visionary force and global leader in mind-body medicine.
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  **Judson Brewer - The Future of The Mind - LeWeb'14 Paris**
youtube.com
 The Future of The Mind - LeWeb'14 Paris
 Mindfulness is a big trend not only in the technology world, but in some unlikely places too. Super Bowl winners the Seattle Seahawks were taught yoga and
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  **Mindfulness**
cbsnews.com
- JULY 24**



 Arizona DrumSoul - Rhythms and Sound for Wellness likes Musical Instrument Museum - MIM.
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  **Center for Investigating Healthy Minds - Web Links**
investigatinghealthyminds.org
 Well-Being Resources
 Select sources of information on cultivating well-being
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  **Guided Practices | The Center for Contemplative Mind in Society**
contemplativemind.org
 Guided Practices | The Center for Contemplative Mind in Society
 Download these guided meditations to your mp3 player or listen online. To listen, simply click on a practice and wait for it to load.
-  Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
  **Practice in Daily Life | The Center for Contemplative Mind in Society**
contemplativemind.org


Practice in Daily Life | The Center for Contemplative Mind in Society
If you would like to try a contemplative practice, but you're not sure how to begin, we suggest you check out the Tree of Contemplative Practices.

 Arizona DrumSoul - Rhythms and Sound for Wellness likes The Center for Contemplative Mind in Society.

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
 **About - Mindful**
mindful.org
Mindful is the voice of the emerging mindfulness community. We're the place to go for insight, information, and inspiration to help us all live more mindfully.



 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
 **5 Ways to Bring Mindfulness Home - Mindful**
mindful.org
5 Techniques to Quiet Your Mind
To create a peaceful mind, you just need to revert back to your original nature of harmony and balance. Follow these 5 techniques to help you get there...



 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
 **5 Techniques to Quiet Your Mind**
powerofpositivity.com
5 Techniques to Quiet Your Mind
To create a peaceful mind, you just need to revert back to your original nature of harmony and balance. Follow these 5 techniques to help you get there...

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Mindfulness Institute's photo.

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
 **Mindful Summer Camps - Mindful**
mindful.org
Mindful Summer Camps
Kids can enjoy hiking, swimming, and s'mores—and opt for yoga and meditation, too. Check out what's available this summer.

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
 **How the Brain Changes When You Meditate - Mindful**
mindful.org
How the Brain Changes When You Meditate
By charting new pathways in the brain, mindfulness can change the banter inside our heads from chaotic to calm.

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
 **Meditation 101: A Beginner's Guide Animation**
youtube.com
Meditation 101: A Beginner's Guide Animation
Are you new to meditation, and interested in finding out how to start a practice? We'll walk you through the basics

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
 **Four Lessons from "Inside Out" to Discuss With Kids - Mindful**
mindful.org
For parents and teachers who want to discuss "Inside Out" with children, the Greater Good Science Center has distilled four of its main insights into our emotional lives, along with some of the research that backs them up.

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
 **Dan Harris Launches New Meditation App For Fidgety Skeptics - Mindful**
mindful.org
New Meditation App for Fidgety Skeptics

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Mindful.org.

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Drum Circle Magazine.

 Arizona DrumSoul - Rhythms and Sound for Wellness likes Drum circle around the world.

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
Mother Earth Empowerment (Sacred Earth Activation)
youtube.com


 Arizona DrumSoul - Rhythms and Sound for Wellness likes Drum circles.


JULY 16

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Kindergartners' behavior tied to adult success - CNN.com**
cnn.com
CNN Videos: Prosocial skills as developed in drum circles during cooperative processes necessary for academic and life success.

JULY 14

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Be inspired by watching our latest television commercial featuring John Lennon's Imagine [...]**
values.com

JULY 3


 Arizona DrumSoul - Rhythms and Sound for Wellness shared a Page.


 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **DRUMMING WITH SENIORS | Drum Circle World**
drumcircleworld.com

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **DRUM CIRCLES FOR KIDS | Drum Circle World**
drumcircleworld.com

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Djembe Primer - Beginner lessons and tips**
youtube.com
Djembe Rhythms from West Africa

Hand Drum Lessons & Notation for Djembes, Dununs & Bells


See also 9 minutes on hands: <https://www.youtube.com/watch?v=uFh0UXH5uM4>

Website: <http://djemberhythms.com/lessons/videos.htm>

JULY 1

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Healing Quest: Drumming For Healing**
youtube.com

 Arizona DrumSoul - Rhythms and Sound for Wellness shared Sydney Urshan's video.

One guitar for them all!


June 2015


JUNE 24

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **MIMkids Musical Adventures Series**
youtube.com
<http://mim.org/education/education/mimkids/musical-adventure-series/>

JUNE 18

 Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post.

 **Best Drummer Ever [HD]**
youtube.com
Via Arizona DrumSoul - Storytelling Drum Circles

JUNE 14

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Best Drummer Ever [HD]**
youtube.com

JUNE 13

 Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

 **Drumming & Disabilities Training workshop with Jim Donovan (video)**
video-embed.syracuse.com
Parents with autistic children, professionals try drumming therapy

Read Article at: <http://goo.gl/HuSXZQ>

May 2015

MAY 26

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Java Sparrows: Percussionists of Bird World | Biology | Sci-News.com
drumsoul.wordpress.com

Percussionists of Bird World

They investigated differences in bill-click frequency, coordination between song notes and bill clicks, and learnability of bill-click by analyzing recordings of undirected songs made by 30 domesticated male Java sparrows. The ornithologists observed male Java sparrows coordinated their bill-click sounds with the notes of the song, similar to percussionists. They also observed birds producing clicks frequently toward the beginning of

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MAY 23

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Bang on the Drum!
observer-reporter.com

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Drumming Improves Quality of Life in Many Ways | Rose Caiola
drumsoul.wordpress.com

I found that drumming tapped into the beat of my heart; it reminded me of hearing my child's heartbeat while in my womb. The beat of the drum slowly became hypnotic, my body began to move rhythmically along with it, and within moments I was transported to another place in time. It was peaceful, calming. Sayer Ji, Founder of GreenMedInfo.com, wrote an interesting blog called "6 Evidence-Based Health... See More

MAY 22

Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post.

Arizona DrumSoul - Storytelling Drum Circles

Percussion is anything and anywhere you play...and the beat is all around

Arizona DrumSoul - Rhythms and Sound for Wellness shared Technology and Beyond's video.

Percussion is anything and anywhere you play...and the beat is all around

MAY 15

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Ravi Shankar: A Life in Music | Opening Reception Concert
youtube.com

MAY 12

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Sangita Yoga: New Album by Naren [in HD]
youtube.com
<https://www.facebook.com/NarenMusic>

Presenting India's sacred music with reverence, devotion and authenticity. www.narenkmusic.com

MAY 9

Arizona DrumSoul - Rhythms and Sound for Wellness posted in Phoenix- Science Private Film Screening: "Power of the Heart".

The Power of the Heart | The Official Website
thepoweroftheheart.com
Preview Video

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link to the event: Phoenix- Science Private Film Screening: Preview Video "Power of the Heart".

Phoenix- Science Private Film Screening: "Power of the Heart".

- 2016 Rosemary Stradling
- 2015 Jane Harris 3h
- 2014 Andrew Ecker 2h
- 2013 Jeb Calen 7h
- 2012 Pat Swenson 3m
- Trish Tognacci 2h
- Suzanne Baldon 1h
- Stév Skye 4h
- Greg Davis 34m
- Gina Howell 2h
- Justin Parsons 3h
- Devotee Nancy 2h
- Arthur Hull 4h
- Jim Greiner 2h

Arizona DrumSoul - Rhythms and Sound for Wellness

MAY 7

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



World's Best Native Hoop Dancers! In 4K!

youtube.com

Hoop Dancing is a storytelling dance

From http://en.wikipedia.org/wiki/Native_American_Hoop_Dance

"During the dance, shapes are formed in storytelling ritual such as the butterfly, the eagle, the snake, and the coyote, with the hoop symbolizing the never-ending circle of life. Native American Hoop dance focuses on very rapid moves, and the construction of hoop formations around and about the body. In elaborate sequences of moves, the hoops are made to interlock, and in such a way they can be extended from the body of the dancer to form appendages such as wings and tails."

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David

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Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Drumming & Health

youtube.com

Any drummer knows that strange and wonderful feeling you get after an intense session. "When it's over, you can hang yourself up to dry. To me, that's the most satisfying feeling in the world," Greg Fox, one of the New York music scene's most sought after drummers, told the Washington Post. "That feeling of exerting yourself — it's so vital."

But that sensation is more than mere pleasure. Drummin...
[See More](#)

APRIL 22

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Mindfulness Fundamentals | Learn Mindfulness Online

mindfulschools.org

APRIL 21

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Ikhtlaq Hussain Megh

youtube.com

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



The Neuroscience of Compassion | Tania Singer

youtube.com

#Neuroscience of #Compassion. Scientist Tania Singer speaks at the World Economic Forum
Many of us train our minds with meditation to seek spiritual benefits.
Tania Singer's work considers social and economic benefits, in addition.
Singer is a researcher at the Max Planck Institute for Human Cognitive and Brain Sciences. She's a social neuroscientist and psychologist who says the brain's plasticit... [See More](#)

APRIL 20

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.



Kirtan Chanting

yogananda-srf.org

In these recordings, several thousand voices join Self-Realization Fellowship monastics. Included are some of Paramahansa Yogananda's original compositions and several bhajans (devotional songs) from India, accompanied by traditional Indian instruments.

APRIL 17

Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post.



Arizona DrumSoul - Storytelling Drum Circles

Dancing Doctors take their beat to the ward

Arizona DrumSoul - Rhythms and Sound for Wellness shared So You Think You Can Dance Australia's video.



Dancing Doctors take their beat to the ward

APRIL 15

- 2016 Rosemary Stradling
- 2015 Jane Harris 3h
- 2014 Andrew Ecker 2h
- 2013 Jeb Calen 7h
- 2012 Pat Swenson 3m
- Trish Tognacci 2h
- Suzanne Baldon 1h
- Stévy Skye 4h
- Greg Davis 34m
- Gina Howell 2h
- Justin Parsons 3h
- Devotee Nancy 2h
- Arthur Hull 4h
- Jim Greiner 2h

Spons

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Carolina Chocolate Drops - Memphis Breakdown
youtube.com
What happens when you hum into an instrument - the Kazoo!

APRIL 9

Arizona DrumSoul - Rhythms and Sound for Wellness posted in Shantala Subramanyam Trio.

Shantala Subramanyam - Carnatic flute - raghvumsha
youtube.com
Video

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link to the event: Shantala Subramanyam Trio.

Shantala Subramanyam - Carnatic flute - raghvumsha
youtube.com
Video

Arizona DrumSoul - Rhythms and Sound for Wellness

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Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Installing Egypt at MIM
youtube.com

APRIL 8

Arizona DrumSoul - Rhythms and Sound for Wellness shared Tesseract School's event.

Tesseract Night at MIM Tesseract School

APRIL 7

Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post.

Beyond the Beat: Drums of the World (running now through October 11, 2015) Musical Instrument Museum - MIM
Arizona DrumSoul - Storytelling Drum Circles
Running now until June 21

Arizona DrumSoul - Rhythms and Sound for Wellness shared Musical Instrument Museum - MIM's event.

Beyond the Beat: Drums of the World (running now through October 11, 2015) Musical Instrument Museum - MIM
Running now until June 21

APRIL 6

Arizona DrumSoul - Rhythms and Sound for Wellness added an event.

ASU Festival celebrates contemporary Native culture
Arizona DrumSoul - Rhythms and Sound for Wellness

APRIL 3

Arizona DrumSoul - Rhythms and Sound for Wellness likes their own post in Shantala Subramanyam Trio.

Shantala Subramanyam Trio Arizona DrumSoul - Rhythms and Sound for Wellness

APRIL 2

Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post.

All The Benefits Of Meditation And Mindfulness According To Science
lifehacker.com.au
Arizona DrumSoul - Storytelling Drum Circles

Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post.

Japanese Drum Performance "JIEI-DAIKO" (The 20th JSDF MUSIC FESTIVAL)
youtube.com
Arizona DrumSoul - Storytelling Drum Circles
How many drums can you fit on a stage?

Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post.

Schools use yoga, meditation to teach children relaxation, concentration
canberatimes.com.au
Arizona DrumSoul - Storytelling Drum Circles

Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post.




YOGACamps - Youth Summer Fun Yoga, Music and Meditation



- 2016 Rosemary Stradling
- 2015 Jane Harris 3h
- 2014 Andrew Ecker 2h
- 2013 Jeb Calen 7h
- 2012 Pat Swenson 3m
- Trish Tognacci 2h
- Suzanne Baldon 1h
- Stëv Skye 4h
- Greg Davis 34m
- Gina Howell 2h
- Justin Parsons 3h
- Devotee Nancy 2h
- Arthur Hull 4h
- Jim Greiner 2h

Spons

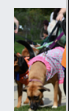
drumsoul.wordpress.com

Arizona DrumSoul - Storytelling Drum Circles

-  Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post. **BORN TO DRUM!!**
 Arizona DrumSoul - Storytelling Drum Circles
-  Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post.  **Beyond the Beat: Drums of the World (running now through October 11, 2015) Musical Instrument Museum - MIM**
 Arizona DrumSoul - Storytelling Drum Circles

 Video of the Musical Instrument Museum - MIM:
<https://youtu.be/0wFpO4VDvbc>
-  Arizona DrumSoul - Rhythms and Sound for Wellness was mentioned in a post.  **Shantala Subramanyam - Carnatic flute - raghuvamsha**
 youtube.com
 Shantala Subramanyam Trio at the Musical Instrument Museum - MIM this Sunday at 3pm

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



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- emphasis on improvisation on beautiful ragas within a highly evolved rhythmic vocabulary. She plays the venu, a Carnatic bamboo flute.
 "Flautist Shantala Subramanyam has attained a style that combines innovation with tradition."—The Hindu
- Arizona DrumSoul - Rhythms and Sound for Wellness added an event.  **Shantala Subramanyam Trio Arizona DrumSoul - Rhythms and Sound for Wellness**
- Arizona DrumSoul - Rhythms and Sound for Wellness shared Musical Instrument Museum - MIM's video.  **MIM | The Experience**
 Missing us? Or haven't made it by yet? Let us tempt you with this brand-new, 3-minute musical journey around the world of MIM.
- APRIL 1**
- Arizona DrumSoul - Rhythms and Sound for Wellness shared Musical Instrument Museum - MIM's event.  **Beyond the Beat: Drums of the World (running now through October 11, 2015) Musical Instrument Museum - MIM**
 Video of the Musical Instrument Museum - MIM :
<https://youtu.be/0wFpO4VDvbc>
- Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **How Music Activates Genes for Learning and Memory**
 healthmeup.com

March 2015

MARCH 27


- Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **Parkinson's and Music Therapy**
 youtube.com
 Music helps keep Parkinson's patients going

<http://www.mprnews.org/story/2015/03/26/parkinsons-music-therapy>

MARCH 25

- Arizona DrumSoul - Rhythms and Sound for Wellness shared Jordan Jansen Music's video. **BORN to DRUM!!**

MARCH 21

- Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.  **"Just Breathe" (Wavecrest Films) - YouTube**
 drumsoul.wordpress.com
 "Just Breathe" (Wavecrest Films) – YouTube
<http://wp.me/p1hG0Z-6G>

 The inspiration for "Just Breathe" first came about a little over a year ago when I overheard my then 5-year-old son talking with his friend about how emotions affect different regions of the brain, and how to calm down by taking deep breaths — all things they were beginning to learn in Kindergarten at their new school, Citizens of... See More

- 2016 Rosemary Stradling
- 2015 Jane Harris 3h
- 2014 Andrew Ecker 2h
- 2013 Jeb Calen 7h
- 2012 Pat Swenson 3m
- Trish Tognacci 2h
- Suzanne Baldon 1h
- Stévy Skye 4h
- Greg Davis 34m
- Gina Howell 2h
- Justin Parsons 3h
- Devotee Nancy 2h
- Arthur Hull 4h
- Jim Greiner 2h

Spons

MARCH 9

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

YOGACamps - Youth Summer Fun Yoga, Music and Meditation

drumsoul.wordpress.com
YOGACamps – Youth Summer Fun Yoga, Music and Meditation <http://wp.me/p1hG0Z-6B>

MARCH 6

Arizona DrumSoul - Rhythms and Sound for Wellness likes their own link.

Japanese Drum Performance "JIEI-DAIKO" (The 20th JSDF MUSIC FESTIVAL)

youtube.com
How many drums can play together?

Arizona DrumSoul - Rhythms and Sound for Wellness likes their own link.

Play This Song For Your Cat

theatlantic.com

MARCH 5

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Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Meditation & Yoga: How to Meditate, Guided Meditations & More

yogajournal.com

MARCH 2

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

DRUMCIRCLE

naplesnews.com

February 2015

FEBRUARY 28

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Drum Circle

belleville.com

FEBRUARY 27

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

All The Benefits Of Meditation And Mindfulness According To Science

lifehacker.com.au

FEBRUARY 22

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Japanese Drum Performance "JIEI-DAIKO" (The 20th JSDF MUSIC FESTIVAL)

youtube.com
How many drums can play together?

FEBRUARY 21

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Lafayette: 'Drum circle' helps bring out inner peace, better health - ContraCostaTimes.com

drumsoul.wordpress.com
Lafayette: 'Drum circle' helps bring out inner peace, better health - ContraCostaTimes.com <http://wp.me/p1hG0Z-6v>

FEBRUARY 14

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

The Harmonious Mathematics of Music

science4all.org

FEBRUARY 13

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Healing Drum Circle at LBI Library on Feb. 21 - Surf City, NJ - The SandPaper

drumsoul.wordpress.com
Healing Drum Circle at LBI Library on Feb. 21 - Surf City, NJ - The SandPaper <http://wp.me/p1hG0Z-6t>

January 2015

JANUARY 17

- 2016 Rosemary Stradling
2015 Jane Harris 3h
2014 Andrew Ecker 2h
2013 Jeb Calen 7h
2012 Pat Swenson 3m
2011 Trish Tognacci 2h
Suzanne Baldon 1h
Stev Skye 4h
Greg Davis 34m
Gina Howell 2h
Justin Parsons 3h
Devotee Nancy 2h
Arthur Hull 4h
Jim Greiner 2h

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Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Downtown Nutrition has cardio drumming, plate training
drumsoul.wordpress.com
Downtown Nutrition has cardio drumming, plate training
<http://wp.me/p1hG0Z-6m>

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.


The beat of a stronger drum: Local performers play for Baker - Salem News: Local News
drumsoul.wordpress.com
The beat of a stronger drum: Local performers play for Baker – Salem News: Local News <http://wp.me/p1hG0Z-6j>

JANUARY 16

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.

Young Cancer Patients Should Make Music Videos, Study Suggests : Drugs/Therapy : Counsel & Heal
drumsoul.wordpress.com
Young Cancer Patients Should Make Music Videos, Study Suggests : Drugs/Therapy : Counsel & Heal

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mindfulness in the workplace | SharpBrains
<http://wp.me/p1hG0Z-6a>

December 2014
No posts

November 2014
No posts

October 2014
No posts

September 2014
No posts

August 2014
No posts

July 2014
No posts

June 2014
No posts

May 2014
No posts

April 2014
No posts

March 2014
No posts

February 2014
No posts

January 2014

JANUARY 3

Arizona DrumSoul - Rhythms and Sound for Wellness shared a link.
Jan 03, 2014 11:09am

A Mesmerizing Acoustic Guitar Cover Of "Lateralus" By Tool :)
wimp.com

December 2013

DECEMBER 1

Judith Watkins added a new photo to Arizona DrumSoul - Rhythms and Sound for Wellness's timeline.



Taikodelic and Drums Not Guns will perform at 2013 Winter Solstice Celebration on Dec. 21 presented by the Labyrinth Walk Coffe House and hosted by Unitarian Universalist Church of Oak Cliff (UUCOC) at 3839 W. Kiest Blvd., Dallas. The festivities begin with an Opening Ceremony at 6:00 pm and end with the closing Ceremony 9:00 pm.

- 2016 Rosemary Stradling
- 2015 Jane Harris 3h
- 2014 Andrew Ecker 2h
- 2012 Jeb Calen 7h
- 2011 Pat Swenson 3m
- Trish Tognacci 2h
- Suzanne Baldon 1h
- Stév Skye 4h
- Greg Davis 34m
- Gina Howell 2h
- Justin Parsons 3h
- Devotee Nancy 2h
- Arthur Hull 4h
- Jim Greiner 2h

Spons

Indoor and outdoor activities are scheduled on the beautiful fiv... See More

November 2013

No posts

October 2013

No posts

September 2013

No posts

August 2013

No posts

July 2013

No posts

June 2013

No posts

May 2013

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February 2013

No posts

January 2013

No posts

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Questions

Notes

Events

Offers

- 2016 Rosemary Stradling
- 2015 Jane Harris 3h
- 2014 Andrew Ecker 2h
- 2013 Jeb Calen 7h
- 2012 Pat Swenson 3m
- Trish Tognacci 2h
- Suzanne Baldon 1h
- Stév Skye 4h
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Spons