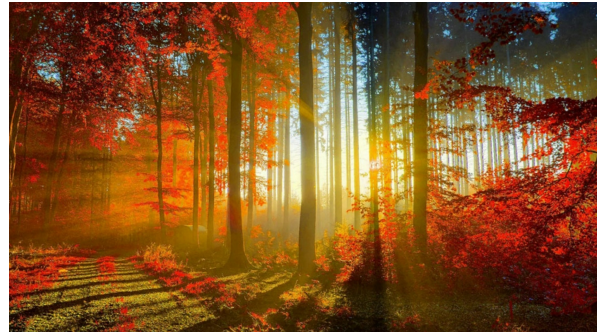


Drumming in **The New**

an introduction to West African hand drumming
with sound healing guide and drummer

Eileen Mielenhausen

**Friday, September 18,
4 - 6:30 pm
at The Whole Health
Center, Town Hill**



The Whole Health Center opens its Fall season
with this outdoor (distanced) drumming circle --
to drum out the discouraging energies of the past year
and drum in hopes for new beginnings!

Learn how to raise positive vibrations and balance your energy
using the rhythms and techniques of West African
hand drumming

**This workshop is open to beginners and all skill levels and will
include time to improvise in a sound healing "drum jam."
Bring your drum if you have one -- or a drum will be provided.
It will also help if you bring a folding chair (not beach chair.)**

Cost for the program is \$25. Pre-registration required. Space is limited.
You may call to register at 288-4128, or email info@thewholehealthcenter.org

The Whole Health Center, 162 Gilbert Farm Road, Bar Harbor