

Frame Drum with Phyllis Capanna



Beginning Frame Drum

Learn to play the frame drum – handheld drums rooted in Middle Eastern music, traditionally used for dance and ceremony, dating back to ancient times. Frame drumming offers a thorough brain/body work out, coordinating the hands, the brain, the feet, and the voice to play these hypnotic rhythms. Rhythmic drumming has been shown to reduce stress, prevent burnout, promote group cohesion and increase feelings of well-being. And... it's FUN!

Special Introductory Evening

Monday, September 20, 6-7:30 pm

Featuring demonstration, rhythm play & videos, this special evening is intended to introduce you to frame drumming and help you decide if the six session class is for you. There is no obligation. The fee is \$15.00 for the evening. A discount on subsequent classes is offered for those who attend the introductory session.

Where: Chrysalis Healing Arts, Augusta
www.chrysalishealingarts.com
207-622-3355

Call for more information and to register

Times: Six classes: Mondays 6-7:15 pm, 9/27; 10/4, 18, & 25; 11/8 & 15
Rental drums are available.

Phyllis Capanna got hooked on frame drumming about 5 years ago, when she could not leave without taking a little tambourine home with her, after an introductory workshop with master frame drummer, Layne Redmond. She has also studied with members of the Maine-based drum ensemble, Inanna, Sisters in Rhythm. She has taught frame drumming at REM and Hardy Girls, Healthy Women, and has performed, as part of the Frame Drum Ensemble of Maine, at the REM volunteer awards ceremony and the Hospice Volunteers of Waterville. She is also a songwriter and is currently writing a tambourine instruction book.

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