

Dynamic Drumming

Great for the whole family

No Experience Necessary

Energizing Music & Cardio Combo



Benefits of dynamic drumming include:

- Reduction of tension, anxiety, and stress.
- A great workout for your brain and body.
- Strengthening of concentration, memory, attention, focus.
- Boosting the immune system.
- Releasing negative feelings, blockages, and emotional trauma
- Connecting participants to a deeper part of themselves and to the larger world around them
- Producing feelings of well-being



Join us for our
NEW 6 class session
of Dynamic Drumming!

Dates: Wednesdays, July 14 - August 25

- No class Wednesday, August 4

Time: 6:15 to 7 pm

Where: Expressive Therapies

245/250 N Metro Drive, Appleton

- Location and additional group details will be emailed prior to first night.
- **OR** Participate virtually from the comfort of your own home!

Cost and Registration details:

- Cost: \$90
- Minimum 3 participants.
- Limited spots open in office.
- Pre-Registration with nonrefundable payment required to reserve spot!
- Register and Pay online at www.expressivetherapies.net
- Call the office at 920.903.1009 or email scheduling@expressivetherapies.net for additional information.



We now offer private
Dynamic Drumming classes!

Call or email for more information on how to schedule a private class for birthday parties, special events, girls' night out, office team building and more!!

Come to us, or we'll come to you with all equipment!

Up to date information regarding group and office closures due to weather will be posted on the Expressive Therapies, LLC Facebook and Instagram page.

For more information about other services and events Expressive Therapies offers:

Visit our website at www.expressivetherapies.net

Follow us on Facebook and Instagram [@expressivetherllc](https://www.instagram.com/expressivetherllc)