

Dynamic Drumming

Great for the whole family-No Experience Necessary-Energizing Music & Cardio Combo

When:

- Fridays starting January 15 through May 15; 10:30-11:15 am
- Every 3rd Saturday at 10-10:45am OR 11-11:45 am
(1/16, 2/20, 3/20, 4/17, 5/15)

Where:

- Limited spots open for in office participation at Expressive Therapies
- OR Participate virtually from the comfort of your own home!

Cost and Registration details:

- Individual - \$10/session OR Family - \$25/session
- Pre-Registration with nonrefundable payment required to reserve spot!
- Email scheduling@expressivetherapies.net or call the office at 920.903.1009 to request a registration form and to make payment arrangements.

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!

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



Please contact Expressive Therapies for more information.

Classes will be held at:
Expressive Therapies, LLC
245 N Metro Drive
Appleton, WI 54913

*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)