

VIRTUAL WORKSHOP

Drumming in Wellness

With Ann Vannoy



Dates: Thursday, June 30

Time: 12:00 – 1:00 pm

Location: CSCVVSBB Patio (In Person)

Cost: No Cost

RSVP: www.cancersupportvvsb.org
programs@cancersupportvvsb.org
or calling 805.379.4777

Workshop Description:

This workshop explores the use of the drum as a wellness instrument. Drums have been a part of virtually every culture on earth; strengthening community bonds, empowering people, connecting with spirit, processing feelings, healing, and manifesting positivity. Try it out for yourself and see what has been working for thousands of years! All equipment provided. **Space is limited to 20. No masks are required outside on the patio.**

About our presenter:

A strong advocate of sound healing, Ann lectures in the field of sound therapy and its researched benefits. She has worked in multiple music therapy facilities, including American Addictions locations, where she has led drumming and rhythm groups that teach music as a personal wellness tool. Ann is also a certified facilitator of Health Rhythms, a science-based program that improves health through Drumming.