



TODD GLACY

DRUMMING AS SPIRITUAL PRACTICE

Drumming is a fun, energetic and creative activity that can serve as a powerful practice to enhance wellness, deepen spiritual connection, and build community through shared co-creative experience. Shamans, healers, and explorers of trance-mystical practices throughout history have realized the power of the drum which we can utilize in our own lives today.

IN THIS WORKSHOP WE WILL:

- Explore the trance-meditative qualities of drumming
- Learn simple drumming techniques
- Experience individual and group drumming practices
- Have fun!

DATE & TIME:

LOCATION:



Rev. Todd Glacy, M.S. is an Enlightenment Advocate, Empowerment Coach, and Instigator of Joy. He travels extensively as a speaker, musician, and workshop facilitator sharing transformational experiences to inspire and empower people to connect with their most authentic selves in order to live lives of purpose, passion, and true happiness. Learn more at: www.SacredSoundAndLiving.com