

- News
- Main
- Local
- Hunterdon
- Special Reports
- State
- Editorials
- Letters to the Editor
- Obituaries
- Weather
- Business
- Stock Market
- Sports
 - Professional
 - Collegiate
 - Scholastic
 - Rutgers
 - Patriots
 - Golf
- Photos & Video
 - Photo Gallery
 - Picture Stories
 - Video Gallery
- Today's Front Page
- Past Week's News
- Archive

Special Sections

- Classifieds
- Jobs
- Cars
- Real Estate
- Apartments
- Relationships
- Merchandise
- Services
- Legals
- Place An Ad**
- Life & Leisure
 - Entertainment
 - Calendar of Events
 - Your Life
 - Health
 - On The Run
 - Bridal
 - Wedding Form
 - Engagement Form
 - Courier Kids
 - Technology
 - Senior Scoop
 - Shopping
 - Coupons
 - Our Towns
 - Central Jersey Living
 - Movie Times
- Information
 - Customer Service
 - New to the area?
 - Public Meetings

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Archive Search > Buy > Print

» [New Search](#) » [Pricing](#) » [Help](#) » [FAQ](#)

[Return to results](#) [Printer Friendly](#)

May 4, 2005
Section: Community= Somerset North
Page: 6S

Somerset classes
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Follow the beat

Drumming circles are said to provide benefits for both mind and body

As a rhythm-based event, drumming is a natural way to to creatively channel and release the pent-up emotions and frustrations that accompany everyday life.

Living At Peace uses West African drums and percussion instruments in its drumming circles to create a fun, playful, energizing activity for adults that gives immediate gratification and feedback while encouraging self-expression.

A drumming circle provides many benefits for mind and body.

It can relieve stress, help hyperactive people relax and focus, boost the immune system, increase white blood cells, help fight cancer and build a sense of community and unity. In addition, it teaches cooperation and communication skills, increases creativity, instills leadership skills and builds self-esteem.

The facilitator on June 3 will be Sharon Silverstein, founder and president of Living At Peace. She teaches a number of workshops and courses: Redirecting Children's Behavior, Redirecting for a Cooperative Classroom, Family Functioning and Positive Thoughts, Positive Attitudes.

She also presents teacher/paraprofessional in-service workshops and facilitates drumming circles. Silverstein was a teacher of music in New Jersey public schools for 14 years. She received her bachelor of music degree from Rutgers University and is a New Jersey-certified teacher and a certified parent educator.

Participants may bring their own drums or use ones provided by Living at Peace.

No musical experience is necessary to participate in the event.

For the first time in this region, on June 12, children ages 7 to 12 also will have the opportunity to enjoy a hands-on drumming experience presented by Living At Peace and Spirit in the Wood.

Along with Sharon Silverstein of Living at Peace, facilitator Conrad Kubiak is the founder and president of Spirit in the Wood, a company that produces handcrafted drums.

A drumming circle facilitator for the past 17 years, he is a certified master

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practitioner of neuro-linguistic programming, a certified Shiatsu therapist, a Reiki master and a Feng Shui practitioner.

Kubiak conducts drumming seminars for public schools and colleges, teaches drum-making workshops, facilitates drum circles and runs Shamanic drumming ceremonies. He recently presented a paper on the "The Psychology of Rhythm" at the Creative Arts Therapies Conference in Philadelphia, Pa.

- Submitted by Living At Peace

IF YOU WANT TO GO

WHAT: Drumming Circle Experiences

WHEN: For adults: 8 p.m. June 3

WHERE: Mountainview Yoga and Fitness, 284 Route 206, 2nd floor, Hillsborough (behind Old Man Rafferty's)

COST: \$15 per person in advance, \$20 at the door

WHEN: For children ages 7 to 12: 2 to 4 p.m. June 12

WHERE: Princeton Center for Yoga and Health, Montgomery Professional Center, 50 Vreeland Drive, Suite 506, Skillman section of Montgomery Township

For more information, call Sharon Silverstein, president, Living at Peace, (908) 431-9904 or e-mail sharon@livingatpeace.com

visit www.livingatpeace.com

PHOTOS COURTESY OF LIVING AT PEACE

For the first time in Central Jersey, a children's drumming circle will be conducted, on June 12 at Princeton Center for Yoga and Health in Montgomery.

An adult drumming circle will be conducted in Hillsborough on June 3; no experience is required.

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