



Drum Circles are great for:

- Team-Building
- Private Parties
- Kids At-Risk
- Special Needs Children
- Schools and Camps
- Health and Wellness For All Ages
- Conferences and Events

Drumming Circles:

- **Promote Unity and Team-building**-Interactive drumming breaks down barriers of hierarchy, age, gender, culture and language. Drumming gets the group communicating, listening to one another and working together as a team to create music. Participants directly experience the importance of collaboration, communication and contribution of their individual energy, and gain perspective into the synergy between individual and team.
- **Promote Health and Well-being**-Participants quickly reach an ALPHA state, which results in enhanced focus and clarity. Drumming is very beneficial for Special Needs children. Drumming relieves stress for the corporate employee because when you hit the drum you are placed squarely in the here and now.
- **Teach Tolerance Through Diversity**-Living At Peace is able to create a safe, non-competitive community and to convey the message that the group is present for the same reason - to make music as one. Through hearing the rhythm of the group and contributing their beat, participants realize that each individual plays a specific role within the group but also that they are united by a common goal. Participants directly experience the power of group energy. The significance of communication and listening is highlighted through the experience of creating music together. The participants realize that they are individuals as diverse as all the instruments used in the drumming circle. And only by honoring each persons voice can we create cohesion. The participants are asked to see connections between the drumming circle experience and their community/work place.
- **Spark Creativity**-Participants are taught to stop thinking and start feeling the rhythm! Left and right brain are used at the same time, which benefits creative out-the-box thinking.
- **Are Fun and Educational**-Living At Peace events are infectious and even the most reserved or cynical member of the group will be smiling and beating away. Living At Peace drumming circles incorporate West African traditional instruments, rhythms, and songs so the participants develop an understanding of the African culture and history of the instruments used.

Program Incorporates NJ Core Curriculum Standards:

1.5, 2.1, 2.2, 2.4, 2.5, 3.4, 6.4, 7.2

About Your Drumming Circle Facilitator

Mrs. Sharon Silverstein is the founder and president of Living At Peace, LLC. Sharon uses unique methods like drumming circles and her original songs to help individuals, families and communities have deeper, stronger relationships. Sharon was a music teacher in the New Jersey public school system for 14 years. She received her Bachelor of Music degree from Rutgers University. Sharon is a professional singer/songwriter and has been performing her original music for the past 26 years. Sharon is a New Jersey certified teacher, and a certified parent educator. She has presented programs for businesses and schools throughout NJ. In addition, Sharon and her work have been featured on local cable television and radio programs, in local and county newspapers, and in national magazines.



What is a drumming circle?

A drumming circle is a hands-on rhythm based community event during which a facilitator leads people in playing drums and hand percussion instruments. No musical experience is necessary! It is an open space for people to come together and share their love of drumming, movement and vocalizing.

Why a drumming circle?

It creates social support, it offers a number of proven health benefits, and it's fun. Best of all, group drumming is easy to learn. It offers an enjoyable and fulfilling activity for young and old alike. And there are many other benefits as well – exercise, nurturing social support, intellectual stimulation, and stress reduction. In so many ways, group drumming stimulates creative expression that unites our bodies minds, and spirits.

What is Living At Peace, LLC?

Living At Peace, a New Jersey based company, creates a world where adults and children feel unconditional love for themselves and others. Living At Peace empowers people to develop greater self-awareness and to live life with a positive mindset. In addition to drumming circles, the company offers music based assembly programs that teach children how to create a healthy self-concept.

Please contact Sharon Silverstein
for workshop fee information:
Living at Peace, LLC
10 Jennings Court
Hillsborough, NJ 08844
(908) 431-9904
www.LivingAtPeace.com
sharon@livingatpeace.com

Testimonials

**Peggy Cioco: Hillsborough School
District Supervisor, Visual & Performing
Arts Hillsborough, NJ**

“Thank you for taking the time to share your expertise with our faculty during our team building in-service day. Your program was outstanding, The content was packed with an incredible amount of usable information and undoubtedly provided a valuable educational experience for our faculty. The feedback from our staff has been overwhelmingly positive.”

**Mr. Mark Daniels: Principal
Indian Fields Elementary School
South Brunswick, NJ**

“The Drum for Your Life program taught our students teamwork, it reinforced musical concepts and gave a cultural perspective of the origins of African drumming. We really enjoyed the program so if you have the opportunity, bring this program to your school.”

**Jean Cambell: Founder
World Dreams Peace Bridge
International Child Art Foundation
Festival Washington D.C.**

“The drumming was amazing in a purely joyful way. Thank you Sharon Silverstein for managing a crowd of drummers that was over fifty percent under the age of twelve. It was spectacular! Everyone was having so much FUN. I've never seen anything quite like it.”

**Marsha Wishnov: Activities Director
Galilee Pavilion, Assisted Living
Levittown, PA**

“The residents haven't stopped talking about your program, and I've even gotten positive feedback from their families. Once again, thanks for making our seniors feel alive.”

DRUM for Your Life!



**Living At Peace, LLC
www.livingatpeace.com
sharon@livingatpeace.com**