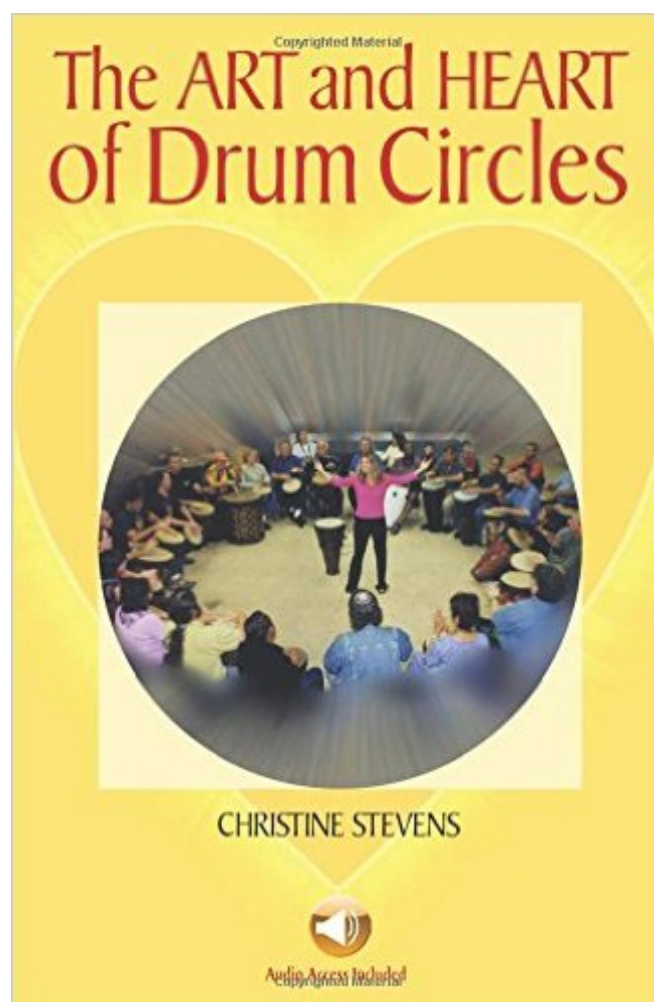


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# The Art And Heart Of Drum Circles



## Synopsis

(Book). In this quintessential guide to both creating and facilitating drum circles, noted music therapist and drum circle facilitator Christine Stevens covers everything from key grooves and instrumentation, to the personal side of empowering people and creating transformational experiences through recreational drumming. Filled with practical tools, guidelines, principles, helpful hints, exercises, and even online play-along tracks, Stevens' book weaves into one resource the many key elements of what My Generation/AARP Magazine refers to as one of the country's "fastest growing holistic health trends." "Christine Stevens brings together the energy of her drum circle leadership and the healing power of her background in wellness to give us a very helpful book for drum circle leaders, teachers, recreation specialists, religious group leaders, health professionals, business people and amateur drummers." Dr. Will Schmid, MENC Past President and author, *World Music Drumming* "This book is a must for anyone involved in or interested in the drum circle movement from veterans to wanna-be facilitators." Karl Bruhn, Father of the Music Making and Wellness Movement What you'll learn: \* The science of entrainment \* The drum circle duality \* How to advertise and set up your drum circle \* Recommended drums and percussion instruments \* Eight basic facilitation cues \* Seven essential skills of facilitation \* Making arrangements in-the-moment . Facilitation using a melody instrument \* Creating sound-scapes with new drummers \* How to cover the basics of hand drumming \* Starting and maintaining the groove \* Designing your program \* Facilitating from a place of musical joy! . Creating metaphors and meaning

## Book Information

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## Customer Reviews

Christine Stevens' "The Art & Heart of Drum Circles" is a short and sweet guide to facilitating a community drum circle. This book really makes sense! It breaks it all down and tells you how to facilitate a rhythm event from the start: How to arrange a room, what gear to buy, what techniques to use, what your helpers should do, problem drummers and ways to handle them, etc. A lot of this information is already out there in some form or other in other books or on the web. However, this book organizes all that into something that is clear and concise. It's less wide-open drumming enthusiasm and more practical approach to making a great event. For those of you who aren't familiar with Christine, she's a Music Therapist who is on Remo's HealthRhythms staff. The book draws largely on her partnerships with music therapists, researchers, and health and wellness folks such as Dr. Barry Bittman, Will Schmid, Barry Bernstein, Robert Lawrence Friedman, and others. At less than 100 pages, it's fairly pricey for a little book (\$15) but does include a CD. Speaking of which, the CD is frequently referenced in the book (things like "for an example of this technique listen to track 9. You'll hear the interplay of conga v. djembe that illustrates...."). For drum circle facilitators, this is the stuff! Add this one to your collection. "In a drum circle, if you can't see the drums, all you see is a group of people working together, expressing their unique voice in a group song, united by a common pulse." - from the book.

I took on a sudden urge some months ago to start playing a hand drum, and to bring some kind of community drumming to the area where I live (a small city). I chose this book because it was cheaper than the others (a limited budget!) and had a CD in it. The book was helpful, and helped me gain some insight into drum circle building. I would say that one of the cons is that it tends to read a little bit like promotional literature from the Remo company, and it seems to have a little too much hype for the author and her Remo sponsored circles. However, there is helpful material in it, and I am satisfied that I got my money's worth.

I have created two regular musical jam sessions in my town, but realized that there was a need for people who do not play an instrument or do not read music. My search led me to the drum circle concept. Apparently the concept has evolved from pure drumming to being inclusive of many more instruments and sound makers. The Art and Heart of Drum Circles is the most supportive book that I have read on this subject. It is an easy read (includes a CD) and it is very encouraging to new circle facilitators. Christine Stevens makes you feel good about what you are attempting to do while helping you with plenty of information and examples. This is an outstanding text.

Nice resource...I was brand-new to drum circles when I purchased this, and found it to be really helpful. The scenes with both very small (living room) circles and large, moderated and unmoderated group circles were especially valuable for me. Great resource - highly recommend to anyone new to group percussion and wanting to build confidence and understanding...but also to anyone more experienced wanting to learn/hone some moderating skills.

Practitioner friendly but accessible to a beginner. There is a passion for drum circle that drives the text and this shines through. A relatively short book but one that you could easily dip in and out of.

Getting started as a drum circle facilitator, this video was great. It covers the skills and philosophy for facilitating. This DVD shows the principles applied with large groups, but also small groups that fit in your living room. Well worth it.

I really liked the cd with this book. It helped to generate new ideas and revitalize our drum circle (DC). There are also a number of good tips for running a DC. The reason it gets 4\* is that it focuses on facilitated DCs and we like a more "free style" circle. Still many of the tips are applicable and it has made me consider doing some small amount of facilitating just for variety.

Christine is on her "A" game with this book. Chock full of information and insight, the "Art and Heart of Drum Circles" should be on every facilitator's reading list. The included CD makes for great audio reference to material covered in the book. If you have not gotten a chance to see Christine facilitate a drum circle, she is even more fun live. Good job!

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