



Drumming

FOR WELLNESS

Drumming gets your hands moving, feet tapping, and your heart smiling—creating frequencies that shift energy and generate new neuro-pathways. Along the way, it boosts brain activation, reduces stress, builds rhythm and coordination, and strengthens social connection, emotional expression, and overall well-being—all while having fun.

Facilitated by Eileen Deehan. She has facilitated over 4,000 therapeutic sessions for both groups and individuals. Her focus has always been on enhancing physical, cognitive, emotional, and mental health. Eileen has been working with the BRBR for four years.

When:

October 6th & 20th

November 3rd & 17th

December 1st and 15th

Where: Big Red Barn Retreat

Time: 6:00-7:30pm

What to Bring: Nothing, all instruments will be provided by us!

Questions? Reach out to Eileen at
DaniDrewHealingFromWithin@gmail.com

