



# The Healing Power of Drumming with Layne Redmond

~ Open to Women and Men ~

**The Barn at Valhalla, Chapel NC**

**Beginner/Intermediate Workshop:  
Friday night Feb. 10 and Saturday Feb. 11**

**Advanced Workshop: Sunday Feb. 12**

The frame drum, along with chanting, overtone singing, and humming to the rhythms of the frame drum, are ancient technologies for synchronizing mind and body for psychological, physical, and spiritual healing. The frame drum is the world's oldest drum and was played primarily by women for thousands of years for religious and ecstatic rituals. The frame drum is associated with the Bee Goddesses: Aphrodite, Artemis, Cybele, Demeter, Persephone, and even the Virgin Mary. The Bee Goddesses are said to awaken a buzz of ascending consciousness and descending spiritual grace in those who practice the drumming rituals we will be exploring.

During this magical weekend, we will use all the healing tools of the ancient priestesses, as we:

- Learn and deepen in a synthesis of frame-drumming techniques from India, the Middle East, and North Africa
- Invoke the energies of Earth, Water, Fire, and Air, and create sacred space through sacred sound
- Focus on the heart chakra to help bring balance to ourselves and the world
- Practice *Bhramari pranayama* (bee breath), and the traditional mantra and mudra of the Hindu Bee Goddess
- Experience Chi Kung based therapeutic movement to energize and align the flow of energy through the chakras

**Layne Redmond** is a world-renowned musician, composer, recording artist, film maker, and author of the book "When the Drummers Were Women." She is a long-time scholar of the Great Goddess and Her priestesses who play the frame drum, and has been an internationally-known performer, innovator, and teacher for almost 30 years.

**Beginner/Intermediate Workshop**, Friday night 6-9 PM, Saturday 9 AM - 6 PM. For beginners, this workshop will introduce Layne's teachings and basic frame drumming techniques. Those comfortable with the basics will learn how to refine and deepen their drumming. Perfect for those who've been away from their drums for a while and wish to reconnect in a powerful way! A catered local-food vegetarian lunch is included on Saturday.

**Advanced Workshop**, Sunday 9 AM - 6 PM. Expand your mastery and take your drumming to new levels! Participants must be graduates of a Giving Birth To Ourselves, Trance Union, or Invoking the Muse frame drum intensive, or must receive prior approval to attend. A catered local-food vegetarian lunch is included.

**Registration: Beginner/Intermediate**—\$160. **Advanced**—\$120. The Beginner/Intermediate workshop includes loaner drums for beginning drummers. A catered local-food vegetarian lunch is served on Sat. & Sun.

**Registration deadline: February 1.** Full refund less processing prior to February 1; no refunds after February 1.

**Lodging:** A limited number of overnight lodging spaces are available onsite for an incredible price of \$25 per night which includes linen! An optional continental breakfast is available for overnight guests for an additional \$8 per day.

**To Register:** Send a check to "Beauty Circles" to Farrunnissa Lila Rosa, 5611 Buttonwood Court, Durham NC 27713, along with your name, mailing address, home & cell phone, and email address. Include any food restrictions you have for lunch. If you'd like to stay onsite Friday or Saturday night, state which nights and whether you want the continental breakfast option.

**This workshop is filling quickly. Register now!**

Complete workshop details will be sent the week prior to the event.

**For more information, contact Farrunnissa at 919 361-2383 or NurLuna@aol.com.**

Visit us online at [www.BlessedBeats.org](http://www.BlessedBeats.org). For more about Layne and her work, see [www.LayneRedmond.com](http://www.LayneRedmond.com).