

Join
our

BEAT STREET

COMMUNITY DRUM CIRCLE!

FIRST-TIMERS WELCOME!
KIDS UNDER 4 FREE!

- An intergenerational, multicultural **drop-in event** for all ages and skill levels.
- \$12 for adults, \$9 for children 4–16, seniors and special needs. Kids under 4 **FREE**. **Includes drum!**
- This is community **music** – bring your sax, didge, pennywhistle, drum kit...
- Seasonal session passes available: (604) 257-8140
- Ask about **Volunteer opportunities**.
- **Group and Private Lessons** are available!



"Talk about feeding my soul! Can't wait to do it again and again and again..."

Participant, Beat Street Community Drum Circle

"OMG, the most living group energy ever."

Participant, Positive Living Society retreat

"... soothing, fun, gets my emotions out, and it provides pleasure and satisfaction at the same time."

Eating Disorder Patient at Drum Circle Program, St. Paul's Hospital

"Made me feel from crabby to happy."

Psychiatry Patient at Drum Circle Program, St. Paul's Hospital

"... it helped build cohesiveness as a team at a very deep level. There was a wonderful sense of fun to it, shared amongst all of us. And it was a powerful metaphor for what a team can do. More!!!!!"

**Sheila Lindfield, Senior Clinical Counsellor,
Westcoast Family Resources Society**

"Amazing experience. If there was a 6, I would check it. Lyle is awesome."

Response on comment card

"... I have studied his approach with interest and awe over the years. "Lyle at the bedside" has become my favourite prescription - his gift is unique, his manner contagious and his reliable presence is one of our greatest assets."

Sal K Denny, MD, FRCPC, Pediatrician - BC's Children's Hospital

ABOUT LYLE

Lyle is a musician, educator, and researcher, facilitating rhythm-based events and programs locally and globally. He utilizes music, and in particular African drumming combined with other modalities, as a tool to build community and boost health. "Drumming and Health" offers programs in hospital, corporate, conference, child and adult health, corrections/restorative justice and community settings, also working with youth, faith-based communities, seniors, students and special populations. Lyle has worked at **BC Children's Hospital** one day a week for over 20 years, conducts programming and research at **St. Paul's Hospital** on the Eating Disorder ward, is on the Faculty and leads "Drum Talk" and "Drum Talk for Families" at **The Haven** on Gabriola Island, facilitates executive development programs for UBC's **Sauder School of Business**, leads the longest running weekly drop-in Community Drum Circle in Canada, and works with **Inspire Health Integrative Cancer Care**. Read about Lyle's groundbreaking research at drummingandhealth.com/research. Certified in Kundalini Yoga, Lyle teaches at **YogaOne** and **Bound Lotus Yoga Centre**. More info at www.drummingandhealth.com.

ABOUT THE DRUM CIRCLE

A drum circle is a rhythm-based event where people gather in a circle to express themselves with African drums and percussion instruments. A facilitator guides the session, encouraging and supporting people as they reconnect with their innate sense of rhythm. Inclusiveness is a core principle – people of all backgrounds, mobility, ages and skill levels (even first-time beginners) can participate. The circle has potential to teach us about community, intergenerational learning, creativity, team building, spirituality, mentoring, wellness and respect for other cultures. It becomes a model for our world family, a rare opportunity to engage in this age-old activity where young and old play and celebrate together.



West Point Grey  Community Centre

WHEN: Sundays, 3-5pm, Sept–June

WHERE: Jericho Hill Centre,
4196 West 4th Ave

INFO: (604) 736-6487,
info@lylepovah.com, or
www.drummingandhealth.com

