

Drumming Circle

@ Anuloma Yoga



Where: Anuloma Yoga, 909 SE Cedar St., Hillsboro, OR 97123
503.619.0408 Diane Gudmunsen

When: April 6th, 2019, from 6:00 – 7:30 p.m. (*the first Saturday of each month*)

What to bring: Drums, rattles or flutes, if you have them. Otherwise, some will be provided. Chairs will also be provided. Only sox will be allowed on the hardwood floor or bring some house slippers.

Suggested donation: \$5.00 (*helps pay for the space*)

RSVP: Greg Sievers g.sievers@comcast.net

Questions: Please contact Greg at 503.833.2016

Background: Greg Sievers & Diane Gudmunsen are just starting a Drumming Circle in Hillsboro at Anuloma Yoga, where Diane the owner has a great space for drumming & dance! Our goal is to have fun, create community and promote healing! No need to be an expert...just bring your sense of rhythm and a drum &/or percussion instruments (rattles, etc.), if you have any. Research shows that drumming accelerates physical healing, helps control chronic pain and boosts the immune system. It also reduces tension, anxiety and stress. ***So, please come join us and de-stress!!***