



drumming and dance

**Samba drumming - the ultimate tension reducer
...there is a drummer in all of us!**

Samba with its driving and energetic Latin rhythms is still one of the most popular team building sessions to date. Thousands have marvelled at their ability to find the drummer in themselves.

Combine it with a funky Carnival dance session specially designed for the absolute beginner - your feet won't touch the ground!

'Strike up the drum;
cry 'courage!' and away.'
(Shakespeare; King Henry VI)



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SAMBA DRUMMING SESSION

Learn one of the most dynamic drumming styles in the world. Using authentic Brazilian instruments you will experience some of the passion, energy and rhythms associated with South America.



DANCE SESSION

Learn an authentic piece of dance from Brazil called Samba Reggae. Move in unison, the choreography is very simple, designed for complete beginners and delivered with humour and energy. The result - everyone, including the least likely candidates, moving to live percussion without inhibitions in a short space of time.



WHY DRUMMING WORKS

Drumming has been used for centuries to stimulate and inspire.

- Uncomplicated format guarantees successful accomplishment
- Arouses the senses
- The collective energy through drumming emulates natural teamwork
- Drumming removes inhibitions
- Motivates and leaves the person energised and relaxed
- The freedom to bang a big drum

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for more information, call:

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