

MUSIC ISN'T FOR THE CHOSEN, IT'S FOR THE MANY

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Music possesses the capacity to imitate emotions and in doing so offers release, containment and an experience shared

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Drum and Music Coach





People who play drums regularly differ from unmusical people in their brain structure and function.

The results of a new study (Science Daily, December 2019) show they have fewer, but thicker, fibres in the main connecting tract between the two halves of the brain.

Drumming helps the left and right brain work efficiently. The brain works best when both left and right sides are engaged at the same time. Neuroscientists have found that the two sides work together to perform a wide variety of tasks and communicate through the corpus callosum.

Psychological, developmental benefits of being 'in music'

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Music acts as a medium for processing emotions, trauma, and grief. Music can also be utilized as a regulating or calming agent from stress, anxiety, depression, and dysregulation.

Most of all, music is fun and uplifting! Access to music in all forms has proved that music is a language, a language of joy, of wellbeing, of thinking of reasoning and of emotion. It can represent different feelings and barge into the soul with no boundaries or limitations... Let it in!

What's involved and on offer?

- Drum tuition
- Musical coaching
- Percussion tuition
- Greater musical appreciation
- Improve/promote musicality
- Time/tempo appreciation and skills
- Fine motor skills
- Gross motor skills
- Left and right brain communication improvement
- Assistance in literacy through lyric and song writing
- Amplification, system knowledge and tuition
- Digital recording coaching
- Build confidence
- Build/improve self-esteem/self-worth
- Assist concentration
- Learn smile laugh ... enjoy achieve ... **HAVE FUN!**