

*Drum sound rises on the air, its' sound, my heart. A voice inside the beat says,
"I know you're tired, but come. This is the way."
~Rumi*

On Going Wisdom Frame Drum Practice Circle on Zoom

Fridays – January 10 and February 7
Future dates will be posted monthly.
10:00 AM ET for one hour



Open frame drum practice sessions for wisdom drummers – newcomers are welcome anytime.
We always cover the basic strokes we will be using at the beginning of each practice circle.

Our monthly practice time will include tips for your drum practice, warm-up, learning a simple rhythm with a wisdom chant, learning a world rhythm and playing it to music.

As one of my teachers wisely states – “It’s primal, and we all know how to do it.”
Come join us and feel free to share with others who may be interested!

Register directly with Laura Copeland at lgcopeland8@gmail.com to receive the Zoom link,
and contact me with any questions.

“The Great Spirit loved the drum so much, he gave everyone a heartbeat.” ~ Navaho Elder