

S O L REFLECTIONS

announces

MONTHLY DRUMMING CIRCLE

Led by the beautiful & talented Kathy Rowell



Beginning THURSDAY: JANUARY 28TH 6:30pm-8ish
If you have a drum, bring it. If not, one will be provided for you.

Drumming gets you in touch with your natural rhythms, stimulates your immune system,
& connects you to the Universe

Learn basic & advanced techniques
Class donation: \$15

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