

DRUMMING FROM THE HEART

With Ron Moor and Sandra Zahn

Using Drums, Percussion Instruments, Gongs and Bowls.

Thiensville Health Alliance, 136 N Main St. Third Floor

Saturday May 18, 7:00 – 8:45 PM

Drumming feeds our soul. Drumming, chanting, dancing and ceremony helps free us from **ANGER**, **DEPRESSION**, **FRUSTRATION** and **ANXIETY** and calls forth our indigenous natural self.

Bring your singing bowls, chimes and other metallic sound pieces if you have some to enhance our ensemble. We'll create the perfect tones that align us with Creation, the beings of Creation and Source of All in a safe environment led by the Mother Drum.

Celebrating, honoring the full moons, equinoxes solstices and seasons aligns us with the rhythm of Creation and with our own Earth Bodies.

Our gatherings are facilitated by [Ron Moor](#) who walked the Red Road of the Beauty Way for almost 40 years. He was mentored by Heyemeyohsts Storm, Swan Storm, Mary Elizabeth Thunder, Rosalyn R. Bruyere and with Lakota Medicine Man, Basil Braveheart. He is a sanctioned carrier of the sacred medicine pipe.

[Sandra Zahn](#) is an award winning Artist, Art Therapist and Educator who consults with schools, colleges, social service agencies, churches and 44 American Indian tribes in this nation.



Fee is \$15. Please call Ron at 952-929-1559 to register by May 17. If you can't, last minute attendees are welcome.