

# Interactive Drumming and Experiential Wellness

By Robert J. Damm

**T**he world's most inspiring gathering of rhythm, culture, and connection is calling you! PASIC is proud to offer interactive drumming workshops, clinics, and experiential wellness sessions that highlight how percussion can be a powerful tool to build community, foster wellness, enhance communication, and promote human rights.

## STEVE TURNER

**Sharing Rhythm and Spirit  
with our Special-Needs Communities**

This interactive session will empower facilitators to connect with individuals with disabilities through rhythm-based activities that inspire inclusion, joy, and self-expression. Steve's Giving Tree Music has provided interactive and team building drum circles around the USA for over 25 years. He works with schools, hospitals, corporate groups, seniors, and special-needs groups. He uses drums as the vehicle to transport a group of people to a place of stronger community and to foster deeper connections with each other. This workshop is about how to facilitate teamwork, respect, understanding, empathy, and accessibility through drumming.

## ARIN LEVY

**Community Sonic Meditations and  
Sound Bath**

This will be a transformative exploration of sound using instruments beloved

in yoga studios worldwide: gongs, crystal and Himalayan singing bowls, Koshi chimes, and more. As sound baths and "sound healing" gain global momentum,



Steve Turner



Arin Levy

this clinic offers the opportunity for participants to immerse themselves in the therapeutic power of vibration and resonance. Dr. Arin Levy (they/them) is a Denver-based percussionist, sound artist, and educator of Cuban-American heritage, dedicated to crafting immersive sonic experiences that inspire reflection and connection. As the founder of Enso Sounds & Healing Arts, Arin tours throughout Colorado and across the U.S., performing over 50 sound meditation events each year.

## CINDY JONES

**Calling of the Women in Drum Circle**

This workshop will explore the role of world drumming as it relates to history, culture, and human rights. This session is about drumming as a tool for communication and teaching participants to listen,



Cindy Jones

respond, and express in deeply human ways. Cindy, a drummer for over 25 years, embodies contagious enthusiasm. She is described as a “warrior-facilitator of unrestrained playfulness!”

## M'BEMBA BANGOURA

### Traditional Djembe Drumming

The IDC is honored to present M'Bemba Bangoura, a world-renowned master drummer from Guinea, West Africa, in a powerful session on traditional djembe drumming. M'Bemba will share rhythms passed down for generations and offer insights into their cultural significance and community-building impact.

## LATE NIGHT DRUM CIRCLES AND CLOSING DRUM CIRCLE

These events are available for PASIC attendees who want to be creative, improvise, and express themselves musically in a safe, judgment-free environment. Drumming together creates a sense of unity and shared rhythm, helping people feel connected regardless of background or experience.

## DRUM CIRCLE FACILITATORS WORKSHOP

The annual Drum Circle Facilitators Workshop will be led by legendary percussionist Leon Mobley. Known for his work with Ben Harper and his lifelong dedication to West African drumming, Mobley's session will focus on djembe traditions.

Wednesday, Nov. 12; 1:00–5:00 P.M.; \$50.00.

What you will learn: Djembe History and Origin; Drumming As Communication; Djembe Components and Maintenance; Basic Djembe Technique (Interactive); Introduction to Rhythms (Interactive); Practice a piece to record or perform live (Interactive).

Who Should Attend: Music educators; Percussion students and professionals; Community drummers; Anyone interested in global rhythm traditions. No experience necessary — just bring your hands and your energy!

About Leon Mobley: At age seven, Leon studied under the tutelage of Babatunde Olatunji, world renowned Nigerian master drummer. By age ten, Leon was a cast member on the Emmy award winning PBS program *ZOOM*. Leon went on to study music and education at UMass Boston before moving to California, where he started his dance company Djembe West African Drummers and Dancers. He also began his own musical group, Leon Mobley and Da Lion, which produced six albums and countless performances throughout the United States. He recorded and performed with many notable artists including Michael Jackson, Quincy Jones, Mick Jagger, Madonna, Damian and Stephen Marley, the Temptations, Dave Matthews, Joss Stone, and Stevie Wonder. **PN**

## WORLD

Ruairi Glasheen

Virtual World Clinic

### The Drum Speaks: Documenting the Language of Rhythm in Film

In this presentation, I will take you on a journey into the incredible world of rhythm, sharing stories from my travels, showcasing compelling documentary footage, and offering practical demonstrations to bring these traditions to life. We'll explore the religious devotional drumming of Southern Italy, the intricate codes and complex patterns of Carnatic rhythm in South India, and the resilience of Iran's drummers, whose traditions persist despite restrictions that forbid them from drumming. We'll journey to Japan to experience the power and precision of taiko, where the physicality of the performance is as striking as the sound, and back to my home in Ireland, where the bodhrán carries the heartbeat of traditional music, connecting players and listeners through its timeless rhythms. Through these diverse perspectives, we'll examine the differences and shared threads that make rhythm a universal language.

Ruairi Glasheen has performed globally, including with John Williams at Shakespeare's Globe, *Come From Away* in London's West End, and at venues such as the Royal Albert Hall, The Barbican, and Union Chapel. His documentary *Hidden Drummers of Iran* won awards and aired internationally, followed by projects on Southern Indian percussion, Italian tambourines, and the Irish bodhrán. In 2024, he collaborated with taiko drummers in Japan for a new series. Ruairi contributes to BBC Radio 4's *Add to Playlist* and BBC Radio 6 Music, and runs a YouTube channel with 3M+ views. He leads educational projects with a variety of organizations.



M'Bemba Bangoura



Leon Mobley