

Beating the Stress Away! 6-Week Drumming Workshop!

Join Cindy for this power packed
Beating the Stress Away - 6-Week Workshop!
No experience necessary! Instruments provided!

For more information contact:
Cindy St. Cyr: 713-464-7464



Beating the Stress Away is based on the **HealthRHYTHMS** research-based group drumming protocol which has demonstrated physical, mental and emotional health & wellness benefits. **HealthRHYTHMS** has been proven to reduce stress on the genomic level, strengthen the immune system, improve mood, reduce burnout, and is a great exercise in music-making while exercising brain activity and having fun!

Location: Innate Chiropractic Healing Arts Center
2021 Driscoll, Houston, TX 77019

6-Week Workshop Registration Required:

Early Registration Discount - Save \$60.00

Register Early by Friday, June 21st and SAVE \$60 (\$150.00 = \$25/week)

Regular Registration fee is (\$210.00 = \$35/week)

Not sure yet? Come Check it Out Night! Monday, June 24th, 7:00-8:30 PM
Registration is required no later than Saturday, June 22nd Fee \$25.00

6-Week Workshop Dates: June 24th through August 12th

Mondays Nights - June 24th, July 8th & 22nd & 29th, August 12th & 26th

Register by phone 713-464-7464 or online at www.cindystcyr.com



Cindy St. Cyr is the founder of the Houston Music & Wellness Center. She has over 25 years of experience in the music industry as a professional singer and music educator in voice and piano. She is a trained facilitator and expert in music & wellness programs in both piano and drumming. Cindy's passion is to create a safe space for people of all ages to experience personal healing, self-growth, and wellness through the music making experience.