

# 6-Week HealthRHYTHMS Group Empowerment Drumming!



Join Cindy for this power packed  
**HealthRHYTHMS 6-Week Workshop!**  
No experience necessary! Instruments provided!

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

**HealthRHYTHMS** is a research-based group drumming protocol which has demonstrated physical, mental and emotional health & wellness benefits.

**HealthRHYTHMS** Group Empowerment Drumming isn't really about drumming; rather the drum is used as a tool for communication & personal empowerment.

**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

**Come Check it Out Preview Nights!** Registration Required - (Fee \$15.00) Save \$10.00  
Preview Dates: Friday, May 17th, 7:00-8:30 PM  
Friday, May 31st, 7:00-8:30 PM

## 6-Week Workshop Registration Required:

Register by	Friday, May 31st	(\$150.00 = \$25/week)	Save \$60.00
Register by	Friday, June 7th	(\$180.00 = \$30/week)	Save \$30.00
Register by	Monday, June 10th	(\$210.00 = \$35/week)	Regular Price

## 6-Week Workshop Dates: June 10th through August 12th

Mondays Nights - June 10th & 24th, July 8th & 22nd & 29th, August 12th



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. [www.cindystcyr.com](http://www.cindystcyr.com)