



What is 'Core-Beat Rhythm Calls'

Core-Beat was born as a rhythmical idea devoted to promote individual and collective well-being through drumming, rhythm and musical expression (including movement and dance) by encouraging spontaneous creation and improvisation in groups, communities, teams and organisations.

There is growing evidence of the profound effects of rhythmical creation and expression on our health and equilibrium and particularly in a group. They are also a powerful channel for communication, growth and change for individuals, teams and communities.

LET ME TELL YOU MORE ...





Why Rhythm

Our entire body and healthy functioning is based on rhythmical, cyclical patterns and activities, from our vital organs to our cells to our interaction with the environment around us since before birth.

Engaging in intentional rhythmical and creative activities that involve our bodies, attention, emotional expression and social interaction can stimulate our psycho-physical system's natural tendency to rebalance itself, when this is disrupted by trauma, stress and difficult life circumstances and to improve our overall sense of well-being when already sufficiently well.

The improvisational aspects enhance one's own sense of capability and personal creativity, whilst being part of a group that creates together fosters a sense of belonging and effective contribution. Learning new skills and having them affirmed and shared in the group also is a powerful boost to our self-confidence.

In an educational, organizational and personal development context, these conditions support risk taking, a fertile and non-shaming approach to 'making mistakes' and therefore a more imaginative, freer and more resourceful style of membership, collaborative behaviour and leadership in groups and teams.

Drumming and dancing stimulate the same endorphins in our system as any other form of physical exercise while at the same time breaking through emotional and social isolation and promoting resilience and positivity.

All of the individual benefits of an uplifting creative activity are amplified in the collective of a drum and rhythm circle where they create channels of communication and sharing that reach far beyond any other language. There are no age, social, cultural or language limitations to sharing rhythm. It's fun, immediate, brings us together and makes us feel good!

Rhythm circles and workshops can be tailor-made to each group. Focus can range from play and developing rhythmical skills, to aiding recovery and healing, to support a team's work and development or just to celebrate!

Core-Beat also recognizes the value of ceremony and ritual in community and individual lives and therefore enjoys taking part in planning celebrations and events that mark important transitions or carry significant collective or personal meaning.

This is why Core-Beat offers circles and workshops both for health and community settings and for organizations, educational establishments and groups with specific visions and projects.

Activities may also sometimes involve collaborations with other facilitators, musicians and artists.

Some specific health and social well-being benefits of Drum and Rhythm Circle Activities as currently known

Rhythm circle activities have been successfully used with a number of groups with specific health problems or forms of distress such as Depression, Post Traumatic Stress, Alzheimer's, Parkinson's and Huntington's and as a bridge and aid to recovery from experiences of severe mental and physical health conditions.

This is due to their effects on brain wave activity, stress reduction, emotional regulation and the ability to stay present in the moment and to communicate in non-verbal ways that do not require us to engage our logical thinking.

Here is a brief checklist of the most known benefits of Rhythm Circles:

- **They reduce stress levels** by lowering cortisol levels and blood pressure. This results in increased relaxation, mood lifting and **improvement of our immune system**.
- **They synchronize** the two brain hemispheres and access all areas of the brain enhancing neural connections. This has proved particularly beneficial in those conditions where part of the brain functioning is impaired, affecting coordination, memory and language, such as **Alzheimer's, Parkinson's and stroke**.
- **They trigger the release of endorphins**, which can aid relief of chronic pain but also a sense of well-being and bonding with the other members of the group. **The physical activity connected with drumming and rhythm making also supports the release of dopamine**, which lifts our mood and motivation. Another benefit to our state of mind and emotions is due to the **effects of drumming on our brain wave activity**, where alpha waves, for example, may be stimulated, bringing an enhanced sense of calm and expansion.
- **They provide a non-verbal form of communication and foster feelings of social inclusion**, participation, interpersonal support, belonging. The skills involved and the found ability to contribute to shared creation of music, both in the improvisational and performance aspect of drum circles and dancing, **promote confidence** in one's own worth, capability and creativity.
- **They are very popular and effective channels for soothing, expression and social interaction** for those who carry the learning styles we call **'special needs' and 'autism'**. The expressive, communicative and stress lowering power of group rhythm making and dancing **is also very effective in recovery from post-traumatic stress**.
- **For the same reasons, drumming and rhythm making can be used to create team cohesion, expression and communication** where these are difficult due to stress or conflict and as an **imaginative, resourceful medium** to access our creative potential and to boost a sense of empowerment and confidence



Some examples of rhythmical circles and workshops

- **One-off, 1 to 2 hours drum and rhythm circles** with groups within specific settings (Corporate, Mental Health, Social Care, Education, Community)
- **1 hour ice-breaker, breathing-break rhythmical circles** in conferences, team building, community events, celebrations
- **6 week rhythmical program, one circle weekly** to allow participants to experience a fuller process of discovering and creating their own rhythm
- **10 week program, one circle weekly**, working towards a showcasing performance at the end of program to facilitate confidence, cohesion and a sense of achievement
- **Whole day or half day workshops** and events tailored to a group's specific themes and visions. These can be organized as a mix of rhythmical and other team support and personal development activities and in collaboration with other health or music and art professionals.
- **Therapeutic workshops based on rhythm, movement, voice and resonance** aimed at groups experiencing emotional, psychological or learning difficulties and as part of support programmes for severe or chronic illness, e.g. cancer treatment and recovery, hospice care, Alzheimer's and Parkinson's sufferers.
- **Ceremonies and celebrations** to mark specific events or transitions, personal or public.
- **Any tailor-made ideas** you might wish to discuss!

What next

If you are interested in any of this, I will be very happy to discuss your project or idea with you. We will look at your needs and objectives and draw a plan that best fits these. Drums and percussion are provided and fees will depend on the type of event, resources needed, time and traveling.

My contact details are below where you can find links to further information about my practice and activities. I look forward to hearing from you.

My name is Filomena Ianni

I am by training and experience, both a body psychotherapist and a community music facilitator through rhythm, dance and song.

Core-Beat Rhythm Calls is a branch of **AllThingsFlow Therapeutic Pathways & Music**, my practice. This brings together my background and experience in health services and therapeutic work and my rhythmical and group facilitation skills.

I am also a performing and recording folk musician.

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