



Curious about the benefits of drumming? Here's some great info and articles!

[Health Rhythms Program and Research](#)

[The therapeutic effects of drum circles](#)

[Music therapy benefits individuals with autism](#)

[Effects of music on the brain](#)

[Music Therapy May Help Depression](#)

[Drumming Beats the Blues Away](#)

[Music and Drums Can Ease Depression](#)

[Drumming beats stress](#)

[Why guitars & drums are becoming medical equipment in hospitals & homes across the country](#)

[Drumming heals body, mind, and soul](#)

[10 Health Reasons to Start Drumming](#)

For booking or inquiries, contact Dori Staehle. Group or private sessions available! [dori@rockthenextstage.com/](mailto:dori@rockthenextstage.com) www.rockthenextstage.com/