



DRUMMING CIRCLE

find peace



SATURDAY
March 2, 2019 @ 3PM

Miller's Nook
47 Church Street
Franklin, NJ

HOSTED BY:
Holistic Mountain Therapies

Come join us for an hour of drumming. Adults only. No experience necessary! Drumming with Rattles as a community reduces stress & anxiety and will raise your vibration! You will come out feeling peaceful & relaxed. If you have your own drums or rattles please bring them with you. Energy exchange is \$10.00. Hope to see you there!!!



leave relaxed

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