



Come and join the Green Angels....



COMMUNITY DRUMMING CIRCLE

For millennia, many ancient cultures across the world have used the Drum to call people together. It connects us with the primordial rhythm of life. Sound interesting to you? Then come down and join in the drumming circle at Hassall Green Nature Reserve.

What to expect:

Smudging Ceremony

Reduction in anxiety and stress

Exposure to sound waves to promote relaxation
and healing

Instrument playing incl. drums, singing bowls,
rain sticks, bells and rattles



Please note that although there are some instruments available however, feel free to bring a drum or other percussive instruments if you have have them e.g. Hoop/Shamanic drum, rattle, tambourine, ocean drum etc.



Thursday 25th
April 2024



1:30 - 4pm



Hassall Green Nature
Reserve,
CW11 4XX

Spaces are limited so please apply early!

To apply, contact Rebecca Mooney on 07920139209 or e-mail:
greenangels@thelandtrust.org.uk

BOOKING IS ESSENTIAL