



OPEN DRUM CIRCLE  
at the  
Mind Body Spirit Festival  
Hutchinson Center, Belfast

Saturday,  
April 16  
10-10:30 am

## Raise Your Vibration!

Explore West African-style rhythms

Join in the fun!

Sound healing guide and drum teacher Eileen Mielenhausen will facilitate this drum circle, which is free and open to all ages and skill levels. Arrive at 10:00 am to learn basic techniques of hand drumming and play in circle with others.

**No prior drumming experience needed!** Please bring drums, bells, shakers, etc. if you have them. Extra drums and percussive instruments will be available to share.



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Retreats of Maine](#)

A drum enthusiast for the past 20 years, Eileen has studied with and played/performed with Edgard Gnidehou (from the Ivory Coast), Ubaka Hill, Judy Nielsen and members of *Inanna*, *Sisters of Rhythm*, Layne Redmond, Barbara Gail, Abdoulaye Sylla and Sayon Camara (from Guinea). Eileen has facilitated drum circles since 1997 and has offered drumming lessons and exploration to a variety of individuals and groups, including children, inmates, seniors, cancer survivors, and people in addiction recovery. Recognizing the power of the drum for healing, she has coordinated numerous **8,000 Sacred Drums** ceremonies and other gatherings in central and coastal Maine, as well as across the USA. Eileen is a Reiki and sound healing practitioner, a life coach, and former English teacher and academic librarian. She has an M.A. in Literature, and a passion for play!

*For more info, contact Eileen at [BeamingLight Coaching, Reiki, and Sound Healing](#):  
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