

self esteem.shamanistic journey.passion.awareness.communication.pulse
healing.primal.powerful.celebration.spirituality.playful.clarity
unity.meditative.creative.releasing.passion
unity.meditative.creative.release.release.passion
confidence.universal.language.individuality
cooperation.teamwork.magical.awareness
unity.meditative.creative.releasing.passion
unity.meditative.creative.release.release.passion
transformational.individuality.leadership.potential.harmony.resonance
mindful.relaxing.oneness.intuitive.comradery.inspiring.courage



Divine Drumming Programs

Intuitive Drumming Circles

These circles are designed to facilitate a connection to your higher self. The meditative practice of drumming brings you to a relaxed, altered state of consciousness where becoming present can open you to your intuition. In this place of creative spontaneity, you connect with your inner child that is ultimately playful, free-spirited and joyful. Laugh and learn as you connect to a deeper awareness of self. Basic drumming skills will be taught in these circles.

***Host a Divine Drumming Party** at your home and Bonnie will provide drums, percussion instruments and stimulating program, tailored to your needs, whether for celebration, ceremony or just plain fun. Programs can be designed for all ages.

Divine Drumming & Sound Events

These monthly events combine Intuitive Drumming with the art of Sound Healing to create a powerful sound experience. Feel the vibration of the drums, ambient sounds and vocal work as you take a meditative journey into your soul's work. Come out to nurture and heal your spirit.

Divine Drumming Retreats

Join the annual retreat and "escape from the chaos" for a magical, transformational experience that will shift your life and bring you to a higher vibrational level. This intensive focuses on physical, emotional and spiritual awareness, growth and healing. Visit www.bonnieross.com for details on upcoming retreats, location, etc.

Divine Therapeutic Drumming Programs

Bonnie provides a wide variety of therapeutic drumming programs for ages to 7 to 97!

Children and Adolescents learn listening, communication and leadership skills while enhancing self esteem and confidence, all through the guise of drumming fun. They feel a sense of belonging, community, respect and trust, while learning relaxation, focusing, grounding, energy awareness, emotional and creative expression, intuition development, guided visualizations and more.



Therapeutic Adult programs include emotional release work to support the letting go of lower, heavy energies and emotions that we hold that can contribute to illness and disease. Drumming can break down energy blockages, bring to the surface, deep heart felt emotions that are difficult to express in words, release tension and improve your mood.

Divine Drumming for Corporate Team Building

A team grows when it comes together and drumming brings a bond and a deeper connection within a group, with an increased sense of comradery and oneness. Drumming re-energizes teams, supports healthy communication, increases productivity and encourages cooperation and leadership. These programs are uniquely designed for the specific needs of your team.

Community Drumming Events

Bonnie strives to be of service to diverse communities and offers regular support to many agencies through charitable fundraising events. She has volunteered with Brownies, Big Sisters, Y.M.C.A. Youth group, Public School Fund Raisers, Bereaved Families of Ontario, Animal Welfare groups, Abused Women and more.