

TOBY CHRISTENSEN –THE HEALING DRUMMER - BIO

Toby Christensen, *The Healing Drummer*, is a recognized expert and innovator in the field of healing music. “**Change Your Rhythm and Change Your Life**” is the foundation of his healing therapies, his teachings and his music. Toby uses sound energy from the drum to create a force that disrupts unhealthy patterns and then combines elemental rhythms to restore and realign the mind, body and spirit.

Recent studies acknowledge that therapeutic drumming is effective in dealing with a wide range of mental, physical and emotional issues including: pain and stress relief, immune system function, AIDS, high blood pressure, adrenal failure, cancer, depression, anxiety, and substance abuse. But you only need to talk to Toby’s clients to be convinced. Time and time again, they report feeling magically transformed with unbelievable energy.

Toby has authored books and articles, recorded many CD’s and his concerts are energetic interactive experiences of music, drumming and dancing. He travels across the country to conduct individual and group healing sessions, drumming circles, classes and workshops. Toby is the inventor of **Sound Attunement Therapy**. His latest invention, the **Crystal Healing Bed**, an amazing construct of copper, crystals, and sacred geometry that intensifies the healing forces of the drum. Toby has just introduced the **5 Element Drumming DVD and CD** where he shows you how to use your drum as a tool of personal empowerment.

You can learn more about Toby as well as his calendar, products and services at www.healingdrummer.com