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FOR IMMEDIATE RELEASE

TRY DRUMMING FOR MEDITATION, BALANCE & POWER

“Healing Drummer,” Releases *5-Element Drumming* Instructional DVD

Toby Christensen is a recognized leader in the ever-growing field of healing music. A childhood drumming prodigy, Mr. Christensen, has spent many years combining the native drumming traditions from around the world into a new form of alternative healing. “It may sound a little crazy, to some, but these practices have been used for thousands of years and in many places they are still being practiced.

Recent studies suggest that therapeutic drumming is effective in dealing with a wide range of mental, physical and emotional issues. “The West African Medicine Wheel is a fundamental component of my teachings,” notes Mr. Christensen. “5 Elements compose the wheel and represent the energies of fundamental and universal aspects of life.”

Traditionally, each of these elements is associated with different drumming rhythms and rituals. “It is a new form of power meditation in this country, it differs from what people normally think about as it is so energetic and forceful. People find that this kind of drumming can bring balance and power to their lives.” The instructional DVD and drum along companion CD allow people to learn and understand these ancient drumming practices.

“The response has been amazing,” notes Christensen, “this is rapidly becoming the single largest part of my practice. I’m glad to see that people are finding the benefit and using it in their lives.” For more information go to, “www.healingdrummer.com.”